FHM
FOR HIM MAGAZINE
MARCH 2007

LAST ISSUE EVER!
R.I.P. 2000-2007

A FINAL SALUTE

LEEANN TWEEDEN

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76 FOR HIM MAGAZINE MARCH 2007 THE FINAL ISSUE - R.I.P. 2000-2007

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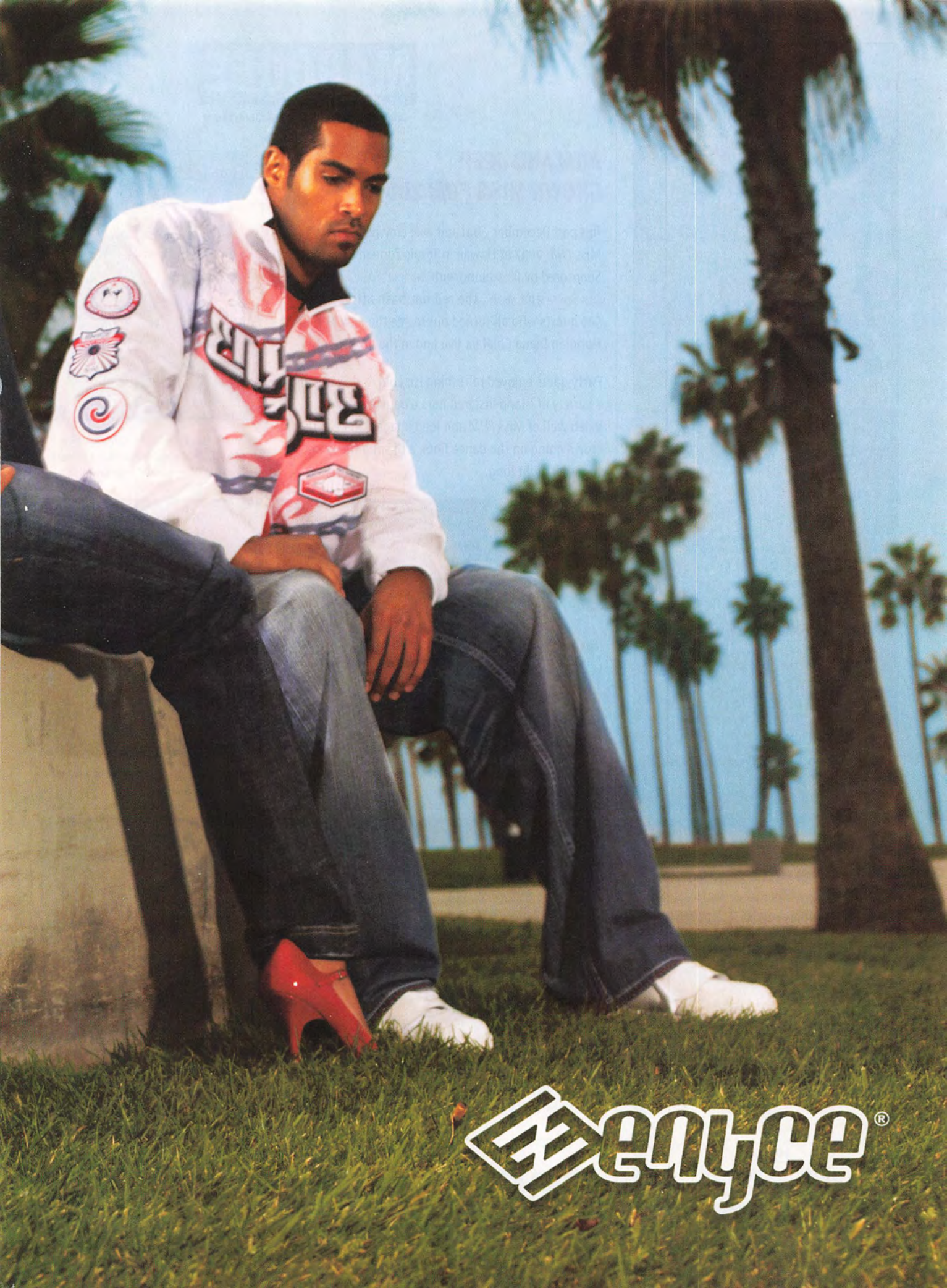
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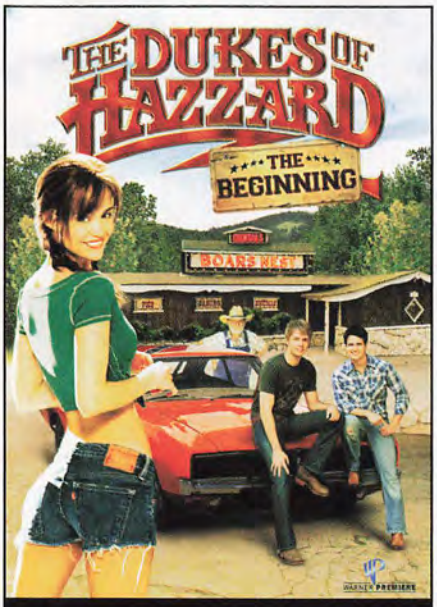

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LUKE'S
FIRST TIME,
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FIRST DUKES.

THE COMEDY,
SPILLS AND THRILLS
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AS TEENAGED
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TOGETHER
FOR THE FIRST TIME,
JOINING FORCES
WITH
COUSIN DAISY
TO SAVE
UNCLE JESSE'S FARM.

THE DUKES OF HAZZARD:
THE BEGINNING

IS ON
DVD MARCH 20.

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MARQUEE

ADVERTISEMENT & PROMOTION

FHM AND JEEP CROWN MISS *FHM* 2007

This past December, *FHM* and Jeep crowned Diana Chiafair Miss *FHM* 2007 at Hawaiian Tropic Zone in New York City. Sponsored by Jeep along with Bud Select, Champs, Old Spice and Wahl, the red-hot bash attracted over 500 guests who all turned out to see the new Miss *FHM*, Floridian Diana Chiafair, live and in the flesh.

Party-goers enjoyed refreshing ice cold Bud Select and a variety of island-inspired hors d'oeuvres against a video wall of Miss *FHM* and Jeep images. To keep the crowd going on the dance floor, a DJ spun the latest tunes all night long.

Last year's Miss *FHM* Lauren Harris and new Miss *FHM* Diana Chiafair smile for the camera and for *FHM* editor-in-chief Scott Gramling.

FHM editor Christine Reilly interviews the new Miss *FHM*, Diana Chiafair, on the red carpet.

Miss *FHM* Diana Chiafair steps out of a brand new 2007 Jeep Wrangler.

The 2007 Miss *FHM* Crowning Event in full swing at Hawaiian Tropic Zone in New York City.

Bottle service: Beautiful bombshells and chilled Bud Select.

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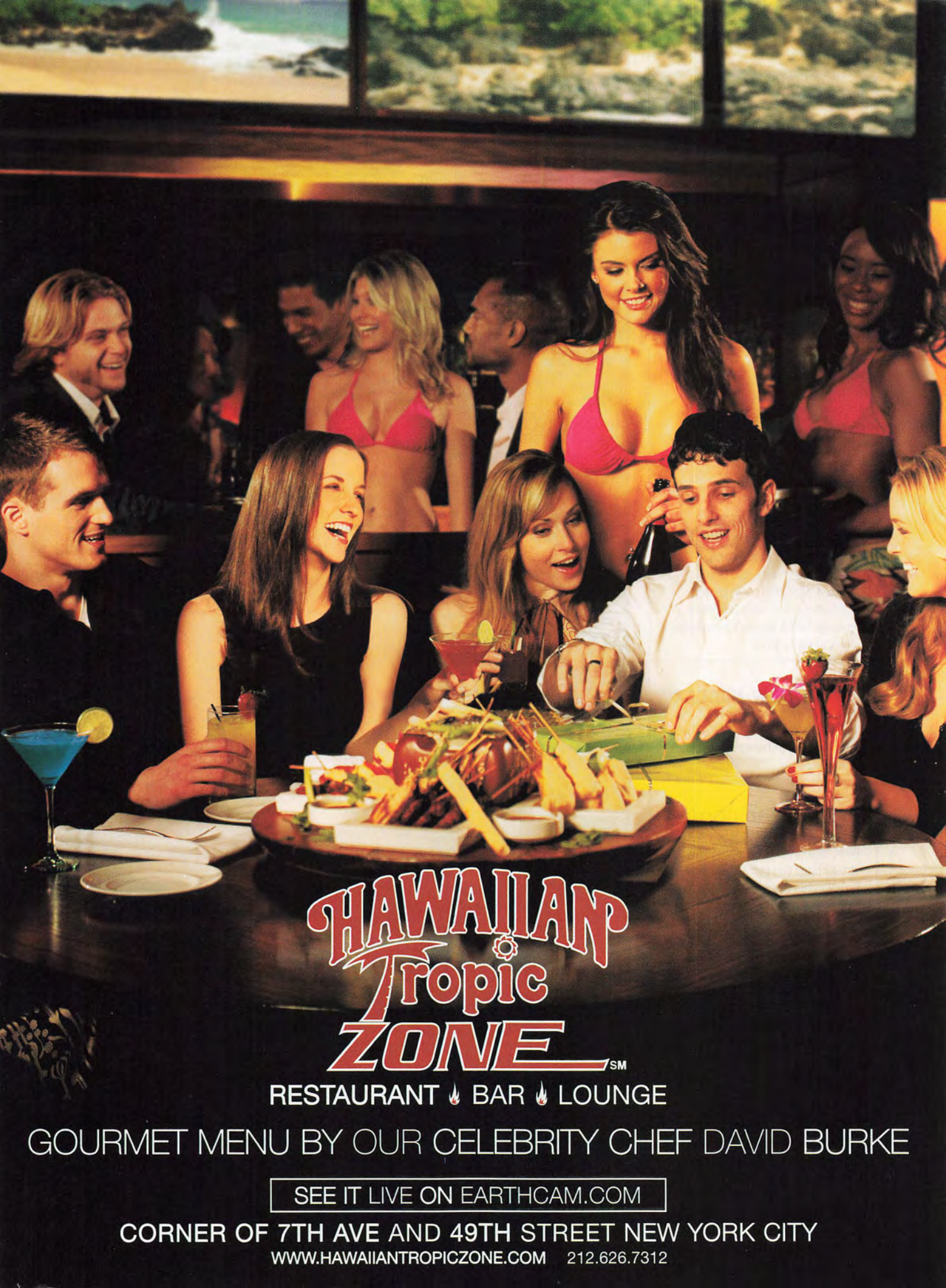
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FHM

ISSUE 76 MARCH 2007

FEATURES

Stars

58 *FHM* WOMEN: THE FINAL SALUTE

Look on the bright side: if this weren't *FHM*'s final issue, Jenna Jameson, Miss *FHM* 2006, Rebecca Grant, Megan Fox, Kelly Brook *and* Jenny McCarthy wouldn't have joined forces to say farewell.

Motoring

94 ALL-NEW NASCAR

If the new Team Red Bull has anything to say about it, NASCAR will see a lot more of Toyota—and a lot fewer decals.

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100 ARE YOU GOOD IN BED?

Want to know exactly how you fare at sex? Hand this quiz to your lady 90 seconds after undressing.

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102 INSIDE THE BELL

Find out how Taco Bell keeps creating amazing Mexican-esque food.

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108 FAST FOOD GENIUS

Praise these innovations in American cuisine for your 59-cent burger diet.

Cover Girl

110 LEEANN TWEEDEN

No one has supported *FHM* like our nation's troops, and no one loves the boys more than the *Best Damn Sports Show Period* beauty. Men, stand at attention—Ms. Tweeden is on deck!

DOUGLAS BIZZARO & ELIZABETH MOSS

THIS IS SIMPLY A PICTURE OF A WOMAN EATING A VANILLA ICE CREAM CONE.

SURE, SHE'S ATTRACTIVE. SULTRY, EVEN. BUT SHE IS ONLY EATING IT BECAUSE IT TASTES GOOD AND IT IS HOT WHERE SHE HAPPENS TO BE.

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Old Spice

FHM

ISSUE 76 MARCH 2007

IN EVERY ISSUE

17 *FHM* CLASS OF '07
Meet the men and women whose privilege it was to bring you *FHM* every month.

28 WTF!
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136 LADIES CONFIDENTIAL
Jennifer Lopez—wife of Nationals All-Star shortstop Felipe—reports to *FHM* spring training. Plus, Beth and Isaac on splitting a one-night stand.

ALISON DYER

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THE *FHM* STAFF (and what they'll miss most about *FHM*)

Deputy Editor
Michael Dolan
The edit staff and the readers

Editor-in-Chief
Scott Gramling
The fans

Creative Director
Ian Knowles
Everyone and Jamie

Executive Editor
Sam Barclay
The daily commitment to excellence

Features Editor
Adam M. Winer
Lemon parties

EDITORIAL

Senior Editor **Tom Conlon** All of it
Managing Editor **Christina Simone** Bitcho Radio
Assistant Editor **John Mihaly** Every day in the Hombre bullpen
Researcher/Reporter **Katharine Critchlow** Constant homoerotic behavior
Contributing Writers **Phillip Crandall** The smell of awesome
Matthew Graham The world's coolest co-workers
Editorial Assistant **Kimberly Maxwell** Sexyback at the Tiki Bar
Editorial Interns **Carlos Mejia** Going on beer runs
Stephanie Miles Vending-machine Pop-Tarts

ART / PHOTO

Photo Director **Christine Reilly** The best job and friends ever
Deputy Photo Editor **Gregory Payan** Tiki Bar opens at 5
Senior Designer **Mac Lewis** Beer illos
Assistant Photo Editor **Antonella D'Agostino** Seeing everyone in their pods

FASHION

Senior Fashion Editor **Nadia Hosni** Traveling
Associate Fashion Editor **Christine Marron** The paycheck

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SPECIAL THANKS TO . . .

Wormser; Roll-n-Roaster; the Comedy Central ladies; Shredd, Ragan and WEDG "intern" Evil Jim; Bon Scott; Macaroon's Nite Club; FTPWC; Ron at Sunset Marquis; Paddy McGuire's; John, Tommy, Juanita and Osman; Tuesday Night Hoops; Tommy I's subscription fund; Ross and Peakie; Gresh, Zo and the WSKO crew; Phil Reese; Crazy Legs Conti; Jazzy; Home of Falcon; Pok, the ultimate host; Charles Travolta; pee-wet pants; Nordic Lodge; The Mighty Lep; Chirishman Glenn Murphy; Charlie Mom's dumplings; Jay Cutler; the sleeping security guard; Morgan Webb; handicap stall; Kari Byron; Baby Penis Hands; Mikey the Chimp; No. 51; Tiki Barber; Buffo WSC; Lauren Harris; Diana Chiafair; Debra Main; Rick's Tally-Ho; Natalie Gulbis; the retarded shark; Quad parties; Buddy's dad; Jon "Weeble Knievel" Simanton; Gypsy Tea; and The Immortal George Abraham Thampy

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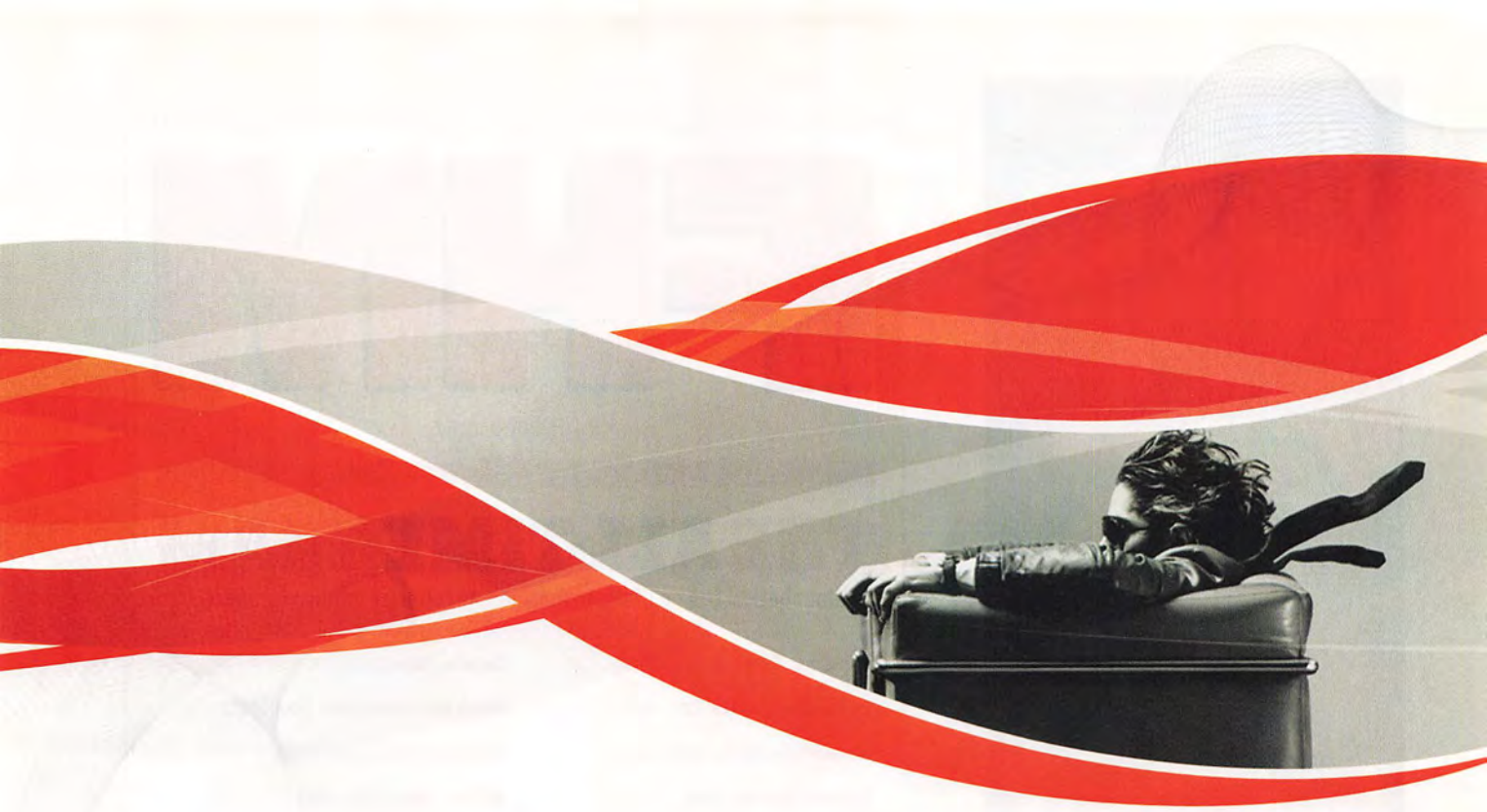

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THE ALL-TIME TEAM

An alphabetical listing of the magazine's 47 full-time editorial staffers

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Berenberg, Alix (2002-2005)
Bronstein, Jake (2000-2005)
Carter, Grace (2004)
Chase, Jonathan (2000-2004)
Ciauro, Amy (2000-2003)
Conaton, Meghan (2002-2006)
Conlon, Tom (2003-2007)
Crandall, Phillip (2003-2007)
Critchlow, Katharine (2006-2007)
D'Agostino, Antonella (2005-2007)
DePrang, Emily (2005-2006)
Dick, Elisabeth (2000-2006)
Dolan, Michael (2003-2007)
Dragon, Deborah (2000-2002)
Fletcher, Brekke (2004-2005)
Gramling, Scott (2000-2007)
Guertin, Tara (2000-2001)
Hecht, Randi (2000-2006)
Hill, Rob (2000-2004)
Hosni, Nadia (2001-2007)
Jellinek, Jimmy (2000-2004)
Johnston, Sean (2005-2006)
Jurek, Miroslaw (2001)
Kealey, Tim (2000-2002)
Knight, Molly (2005)
Knowles, Ian (2001-2007)
Lewis, Mac (2005-2007)
Marron, Christine (2006-2007)
Mihaly, John (2005-2007)
Miller, Zöe (2000-2001)
Needham, Ed (2000-2002)
Ou, Daniel (2000-2001)
Payan, Greg (2005-2007)
Peckman, Jodi (2000-2002)
Reilly, Christine (2003-2007)
Romando, Tony (2000-2002)
Rudzik, Christopher (2000-2001)
Selner, Stuart (2000-2001)
Simone, Christina (2006-2007)
Soter, Tim (2001-2003)
Tesser, Jonathan (2000-2003)
Traub, Elyssa (2002-2005)
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Yarm, Mark (2005-2006)

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THANK YOU FOR THE MEMORIES

It was seven years ago this month when the U.S. edition of *FHM* launched. The Editor-in-Chief of that inaugural issue was Ed Needham, and he closed his first editor's letter with the line, "Welcome to *FHM*. I hope you enjoy it."

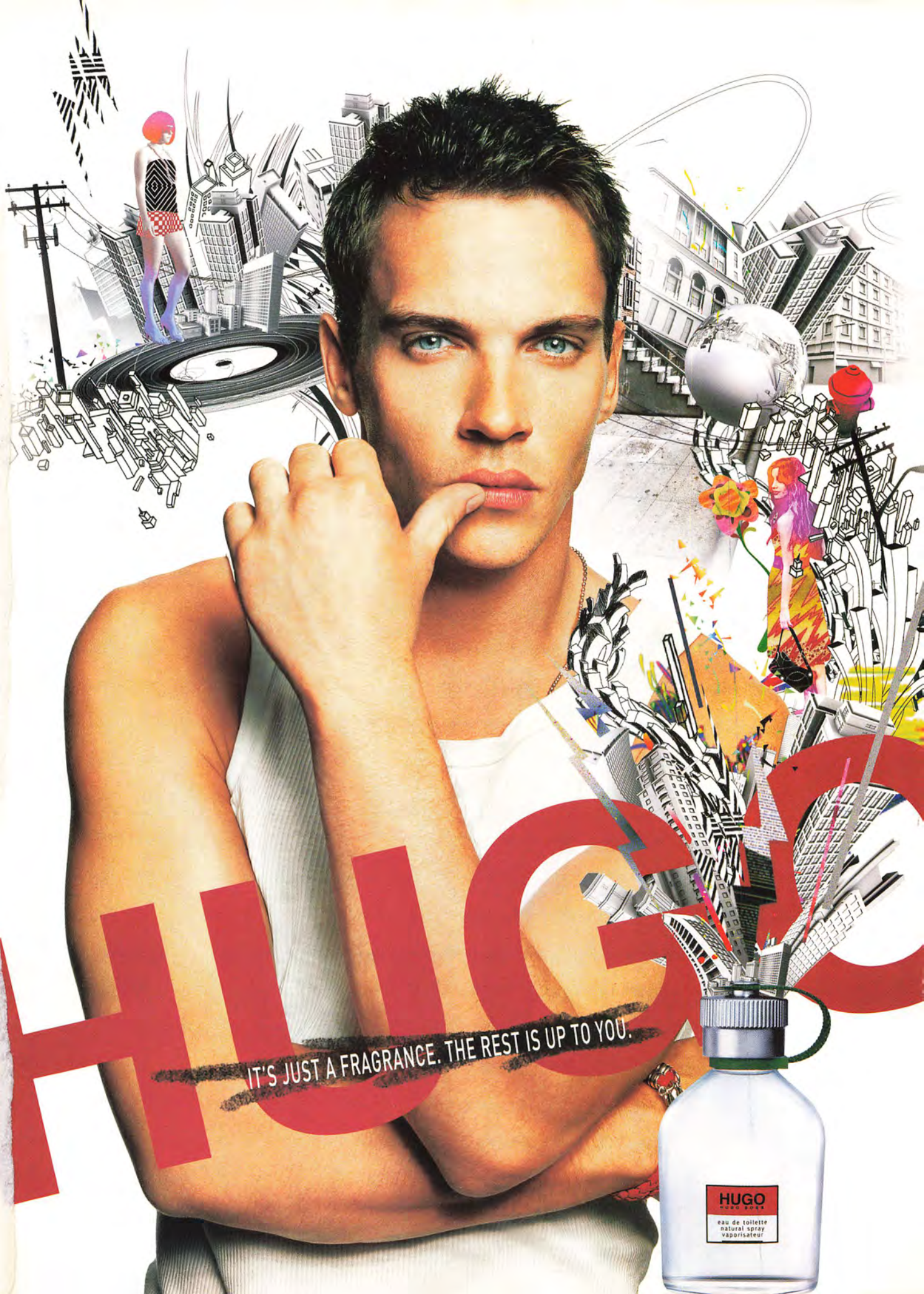
Ed certainly got his wish—the magazine's total audience had grown to an all-time high of 6 million readers in the publishing industry's most recent measurement report last fall, and not once in the past seven years did the size of *FHM*'s American readership stop growing. It's a magazine that has truly been blessed with the most dedicated, passionate and fanatical readers one could ever imagine. All 47 of us who served as full-time editorial staffers at one time or another are grateful to have had the privilege of bringing you *FHM* every month.

We are also grateful to have been able to work with the many phenomenal people who played a role in the magazine's success. Dozens of contributors, cover girls, columnists and others helped mold the *FHM* brand into what it ultimately became. In the past year alone, we've been honored to count among our regular columnists such accomplished names as Jenny McCarthy, Tiki Barber, Morgan Webb, Johan Santana, Natalie Gulbis and Doyle Brunson. Special recognition goes to our good friends and long-time contributors Beth Ostrosky and Ted Lange, who have punctuated the back page of each issue with the kind of relationship advice that only they can provide.

While magazine publishing is ultimately a business, we'll look back on the past seven years as a glorious and rewarding journey. The yearbook-style presentation that kicks off this issue—complete with the above class photo—provides insight into the team that produced this final edition of *FHM*. It has been a journey none of us will ever forget. I hope you enjoyed the magazine even a fraction as much as we enjoyed producing it.

Scott Gramling
Editor-in-Chief

ANDREW BRUSSO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Sam Barclay

Nicknames Barcode, Bonkers, Sami-B, Sammy Pacifico, Gay Werewolf
Likes Smoked salmon, Juanita's smile, order
Dislikes When magazines close, the heat, marzipan
Best *FHM* memories Being welcomed into the Buffalo community with open arms, learning from the best, receiving a pecan pie from ZZ Top, partying at Chicas Locas, flying with Ian, negotiating bar purchases, blushing in front of Jenny McCarthy, suffering Phil's tumbleweeds, laughing with these fine people every single day.

Tom Conlon

Nicknames T, TC, Tomás Colón, Leslie, Assbag
Likes Employment, Narragansett Beer
Dislikes Interns who, on their first day, challenge Grambo to a hotdog eating contest, then proceed to puke all over the office bathroom . . . And then go home.
Best *FHM* memories Fashion closet *Silence of the Lambs*, shirtless fried chicken with Wormser, Paddy McOld Town's, poker with Isaac, El Día Del Mustache, Buffo the World's Strongest Clown, Roll-n-Roaster, bears, working with some of the best friends I'll ever have in my life . . . Oh, and two girls walking by Phil and calling him "atrocious"

Phillip Crandall

Nicknames Sledge, The Adonis, Phirrip, That Dude From BASEketball
Likes Grover, Bucket Day, Witz Dot Org, the sound a rubber fist makes when it slaps a bald head
Dislikes Heathrow traffic updates, people who turn off Ween's "Where'd The Cheese Go?" after only 17 plays
Best *FHM* memories Blowing $23,000 on a dream only to be cock-blocked from Betty Childs, being molested by a homeless crack-fiend while dressed as Cobra Commander, JJ's top-tank mystery, getting fat

Katharine Critchlow

Nicknames Critch, Katie-K, Critch-LOW
Likes Steamed vegetable dumplings, Labrador retrievers, Amstel Light, unemployment insurance benefits
Dislikes Black licorice, fingernails on a chalkboard, credit card late-payment fees, the French
Best *FHM* memories Bowling a 57 at Port Authority, profiting off home-schooled 9-year-olds in the National Spelling Bee, witnessing Ian Knowles become the best New Orleans-style bingo caller ever, Slayer, DragonForce, the Alternative Champs, awesome mustaches that took weeks to grow

Antonella D'Agostino

Nicknames The Phantom, Dag
Likes Tiki Bar fridays, Glass of Truth, guitar solos, The Old Town, staff birthdays, Christine's iPod mixes, manlove, The Bear Bar and The Kitty-Cat Cafe, FoxDog, karaoke, Phil
Dislikes AC/DC in the morning, high-fives, photo shoots involving raw meat, pee-wet pants
Best *FHM* memories When we all brought sexy back, Mac arriving soaking wet in a see-through undershirt, anything that made it on the *FHM* Quotes list, Birthday Bingo, The OTB, Halloween when we dressed like each other, the day I got hired

Michael Dolan

Nicknames Mike D, Dolo, The Dolanator
Likes Meeting really cool people
Dislikes People who shut off the air conditioning at 5:55 p.m. during the summer
Best *FHM* memories Working with some very generous people: Tiki Barber, Mark Lepselter, Natalie Gulbis, Barry Sims, Jeremy Roenick, Brian McGrattan, Gibril Wilson, Patrik Elias, Martin Havlat, Mike Cammalleri, Ryan Getzlaf, Ken Daneyko, Jen and Felipe Lopez, Anna and Kris Benson, Ted Lange, Beth Ostrosky, and all of the folks at the NHL, Comedy Central, HBO and CAA . . . you're all champions

PHOTOGRAPHY BY ANDREW BRUSSO

Scott Gramling

Nicknames Grambo, Grambino, Chief
Likes Brass Bonanza, the 716, *Nerds*, Gansett, mullets, ICBs, this Knowlesy doll, a cluttered desk, winning and covering
Dislikes Duke, sweating at work, Coldplay, cole slaw, Heredia, tedious budget meetings that achieve nothing
Best *FHM* memories Eat-off at Shea, conference-room craps, blackout foos, Big City Nights, taunting Mannings, Philly cheesesteaks, Glass of Truth, pressed ham on 7 train, Balls Across the Nose, ICBs with Beth O., Falcon rumble, Erv's, Barcelona ball-off, Nerf hoops cash, BWW handies, cup game at Petco, "Hi U.N.!", PC's 12½ burgers, Bambazo

Nadia Hosni

Nicknames FASHION, Nerdia, Nads
Likes Teddy bears and lollipops
Dislikes Mean people
Best *FHM* memories Parachuting in Alaska, elephant riding in India, horseback riding in Argentina, snowshoeing in Chile

Ian Knowles

Nicknames Chinless Knock'em Out, Knoller, Uncle Knowlesy, Northern Nanny, Russell, Boo Gubbins, Pink Grandad
Likes Shapes and colors, cake, Platinum status, picking on Sam, having more monitors than Grambo, Chinese Lenny, hard hats, The Bear Bar, the magician box, Jenny McCarthy
Dislikes Words, the spinning beach ball, being Yarmed, cheese, Sam's sweat, Sam's Platinum status, Sam, salad
Best *FHM* memories Underwear Wiffle ball, Ozzy vs. New York Islanders, lost phone in the Pacific, left-handed baseball, making out with Jenny on either side of a pane of glass, Bear Bar body shots, hotdog snatching

Mac Lewis

Nicknames Jamie, Jamie-Boo, Jameson, Jimbo, Jaíme, Chris Rudzik, Batch
Likes The color pink, taking my shirt off, beer, Milty, Mickey Avalon's "My Dick" song
Dislikes Coming to work hungover
Best *FHM* memories Every day at work, coming to work soaking wet during a thunderstorm and Scott not allowing me to change my shirt all day

Christine Marron

Nicknames Tris, Teena
Likes Eskimos, French Bulldogs, my horoscope, Vivienne Westwood, coffee, lingerie stores, Banksy, half-asleep nap conversations, *Dateline*'s sexual predator episodes, plaid, Brooklyn, vintage finds, dirty martinis, cheap beer
Dislikes Mercury in retrograde, people who don't care about the state of affairs, having to go home to charge my cell phone, the smell of tuna fish, "holiday bonus" meetings
Best *FHM* memories Mickey Avalon, fashion shoots with Nadia, lunches with Mac, Moshi Moshi and Helmut, Kritzmas, all 47 days that I was here

John Mihaly

Nicknames Halo, Juan De Las Tortas, Gunner, Trousers Down
Likes Owls, metal, Old Town, gadgets, Australian erotica, picking the wrong line to wait in, brotherhood
Dislikes Garden of Eden, Antonella's music, e-mails marked urgent that aren't urgent, Dramatics NYC, bears, Cody & Kyle
Best *FHM* memories Gay Werewolf, Meg and Dr. Danger on day one, El Día, Uncle Ian's generosity, Tiki's birthday party, PC's satin Bears Starter jacket, rebirth of Winer, Mac's theories, Dolan's rice balls from Joe's Superette, trip to Erv's and more importantly the ride back, hearing the Hartford Whalers theme song for the first time and for the last time

Greg Payan

Nickname Monsieur
Likes Good commutes for AD, celebs exceeding expectations, shoots finishing ahead of schedule, awesome account reps
Dislikes Labs that pad invoices, pompous athletes
Best *FHM* memories Mac coming to work in a wet T-shirt and Scott declaring that anyone who gave him a dry shirt would be fired, Crandall in a mesh football jersey dousing himself in English Leather cologne at El Día Del Mustache, construction hats at the Bear Bar, Ian's Halloween costume, filthy early-morning conversations before the majority of the staff began to file in

Christine Reilly

Nicknames Chrissy, Tiger
Likes *FHM* editorial staff, huevos rancheros at the Sunset Marquis, creative freedom, BaRrrrbara and B-A-Rrrrrr-C-L-A-Y, office debauchery
Dislikes The red eye, the kitchen coffee, Elite car service, the rainbow ball, spam
Best *FHM* memories Sam looking for his phone in the Pacific Ocean, Phil in a bikini riding a push scooter through the office, betting on the Spelling Bee, Greg dancing to "Jump Around" at bingo, underwear on the ceiling at OTB, Sing Sing on Brekke's last day

Christina Simone

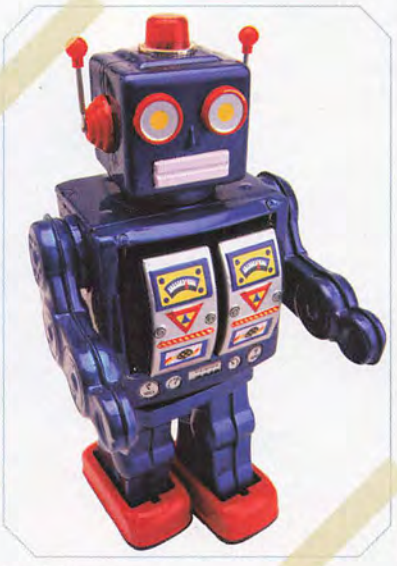
Nicknames Miss Simone, Lady Marmalade
Likes Drinking a lot of wine, making lists, dancing, Marky Mark, sausage
Dislikes Eggs, bowling, jerks
Best *FHM* memories Asking Mac about beer illos, drinking games at the Tiki Bar, the Bluetooth guy teaching Sam how to use his cell phone

Adam Winer

Nicknames A-Train, A-Cup, A-Minus, A-Hole
Likes Slayer, basketball, smoking, my frat
Dislikes Trans fats
Best *FHM* memories That one time one of us did something gay, laughing in meetings, Phil tucking his junk in the fashion closet, getting Jon Chase as an older brother, giving Jake his daily affirmation, talking music with David Hasselhoff, noodling, phone time with Isaac, having pitted-out undershirts ripped off my body, stroking David Pullan's nipple, swindling people in San Diego out of tens of thousands of dollars—and getting away with it!

Mark Baba

Nicknames Babacus, 'Rino
Likes Counting, Opening Day at Wrigley, Da Bears, creative integrated custom programs
Dislikes Packers, Farley speaking at sales meetings
Best *FHM* memories Supermarket dodgeball at Detroit-area Meijer, running the gate at the Canadian border, lockdown with Stegs at the Vegas Madame Tussaud's wax museum, Belly's San Diego flaming log, Kritz deep-throating foot-longs at Petco



Matt Stegman

Nicknames Stegs, Stegotronic, Stegomatic
Likes Puppies, flowers, sunshine, health, Chesapeake Bay blue crabs, the O's at Camden Yards
Dislikes Heartbreak, disease, poverty, when people try to get on the elevator before you've gotten off
Best *FHM* memories Seriously? Not sure if the statute of limitations has expired, so I'd better keep my mouth shut

PHOTOGRAPHY BY ANDREW BRUSSO

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Finger Pad– for precise trimming control
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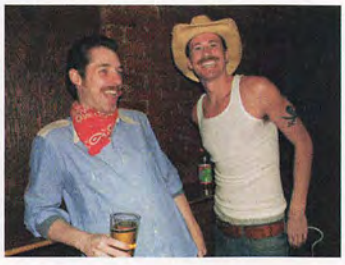

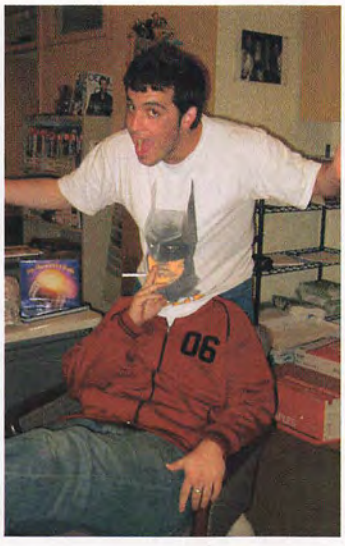

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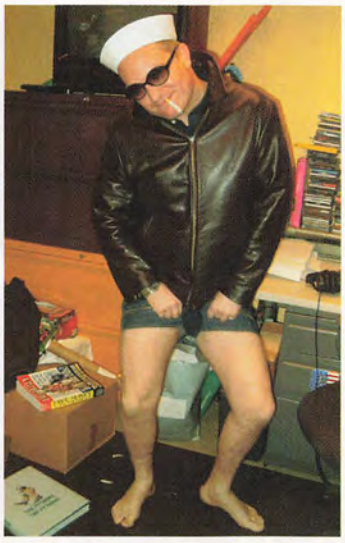

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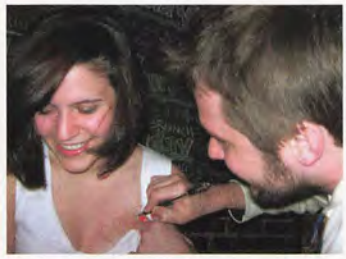
- **On the significance of magnesium in extreme physical stress.** Cardiovasc Drugs Ther. 1998 Sep;12 Suppl 2:197-202. Golf SW, Bender S, Gruttner J. Institute of Clinical Chemistry and Pathobiochemistry, University Medical School, Justus-Liebig-University, Giessen, Germany

Use in conjunction with a well balanced diet and vigorous training program. Individual results will vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Insurance

SECRET AGENT

ERIN ESURANCE

B-Day: February 8

Sign: Aquarius

Relationship Status: Who's asking?

Occupation: Insurance agent by day, secret agent by night

Best Part of the Job(s): Saving the world from evil (and overpriced auto insurance)

Worst Job: Once, I had to go undercover as an anime character. The weird fan mail drove me nuts!

Turn On: Nature (Esurance saves green for the environment and your wallet.)

Turn Off: Over-priced auto insurance

Favorite Movie: I'm a spy. Anything & everything secret agent-related.

Early Bird or Night Owl: How about both? Esurance is open 24/7.

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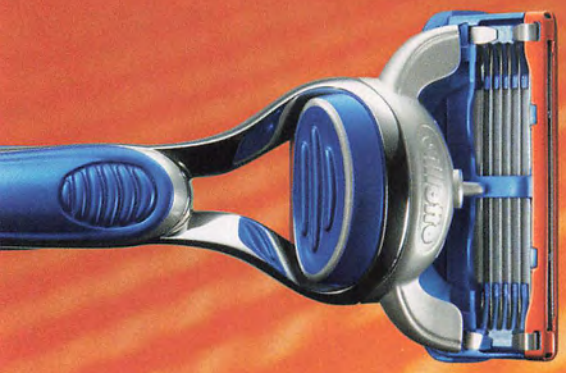

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form an invisible layer of protection...

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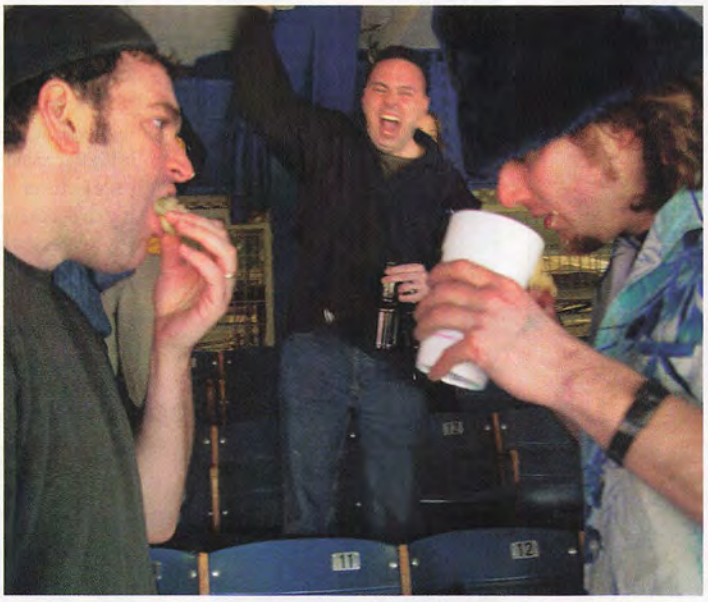

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Gillette
The Best a Man Can Get

WTF!

LAST OF THE LETTERS!

Thanks to all the goons, beggars, hot women, servicemen, babies and fat guys in bumper cars who were the stars of *FHM*'s letters section over 76 issues.

Please submit all future Who the Hell are You? photos, Cell Shots and other general idiocy at FHMUS.com.

READERS GO POSTAL letters@FHMUS.com

WHO THE HELL ARE YOU? The month's finest memory wreckers

Alert Delta Force

"We were privileged enough to meet the man himself, Chuck Norris, during a recent USO tour in Iraq," writes Alexander Rojas of Manassas, VA. "After eating together we had our photo taken. But who's that in the green? He pushed our buddy out of the picture."

Dig deep

"We were in Tokyo, at Tama Zoo, enjoying the views and the animals while trying to take some pictures," writes Aron Aldridge of Fort Wayne, IN. "This guy in the back was going for gold." No word on whether he mimicked the gorillas and flung it at Aron.

"I was taking a picture of my girlfriend at a concert. Where is this meathead flying to?"

Submitted by Patrick Curran, Bloomington, IN

"Yet another photo ruined by a smug jerk that couldn't stay out of frame for one more second!"

Submitted by Jason Maggi, New Castle, PA

"This oldie Oklahoma fan deserves the Hook 'em Horns for messing with our Texas pride."

Submitted by Michelle Tsai, Dallas, TX

"At the racetrack, looking good and trying to remember the day. Memory destroyed."

Submitted by Kevin Duke, Lexington, KY

WIN A DIGITAL CAMERA!

Recognize one of these intruders? Then turn the goon in! The first person to ID one of this month's trespassers will win a digital camera. Send photo proof of the intruder's identity—or ruined shots of your own—to *letters@fhmus.com* or to Who The Hell Are You?, *FHM*, 110 Fifth Avenue, New York, NY 10011. For official rules and to check out more foul photos, log onto FHMUS.com/whothehell

'TOP THIS, COSBY!'

"Opie & Anthony's Thanksgiving dinner in the December issue featured some truly hideous sweaters," writes Jon Rose of Hoboken, NJ. "But none of them are as ugly as the one Grandma got me. I dare anyone to top this wool atrocity."

Is there a horrendous holiday knit buried in your closet that can top this one? Send photos of your sweatered self to *letters@fhmus.com*. The owner of the ugliest garb will be flown to New York City to meet Opie & Anthony in their XM studio. Three runners up will score this XM radio with a free, one-year subscription. For official rules, go to FHMUS.com/win

OPIE AND ANTHONY: AARON GOODMAN

PREPARE FOR GLORY!
INSPIRED BY GRAPHIC NOVELIST
FRANK MILLER
300
WARNER BROS. PICTURES PRESENTS
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GERARD BUTLER "300" LENA HEADEY DAVID WENHAM AND DOMINIC WEST MUSIC BY TYLER BATES EDITED BY WILLIAM HOY, A.C.E. PRODUCTION DESIGNER JAMES BISSELL
DIRECTOR OF PHOTOGRAPHY LARRY FONG EXECUTIVE PRODUCERS DEBORAH SNYDER FRANK MILLER CRAIG J. FLORES THOMAS TULL WILLIAM FAY BENJAMIN WAISBREN
BASED ON THE GRAPHIC NOVEL BY FRANK MILLER AND LYNN VARLEY SCREENPLAY BY ZACK SNYDER & KURT JOHNSTAD AND MICHAEL B. GORDON
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WTF!

READER VS. COBRA!

Average Joe shrinks down to action-figure size

In an *FHM* contest last year, reader Luke Ellison of Toledo, OH, won the chance to become a G.I. Joe. His figure, named Red Zone, made it to toy stores this holiday season in all of its 3 3/4–inch glory. "They never gave an explanation for my character's name, which happens to be the same as my deodorant from Old Spice," Ellison says. "But the figure does resemble me. They elongated my neck, skinnied me up so I'm not a chubby Joe and gave me Egon Spengler hair." Ellison is also proud to report that he plays with himself now more than ever.

GRAB SOME SERIOUS CASH!

Once again "G.I. Joe is there" with yet another contest. The Kung Fu Grip is back! It was introduced in 1974 and the latest line of Joe toys features a new and improved grasp. To mark the event, one lucky *FHM* fan can win a trip to the 2007 G.I. Joe convention in Atlanta. While at the show, the winner will be given the chance to use his own Kung Fu grip to win up to $5,000 in a "grab all you can" money-machine booth. Go to FHMUS.com/win

CELL SHOTS

Help spread the stupidness with your camera phone

Private Pretzel "That's good training, hooah!"
Alain Chuntraruk, Cocoa Beach, FL

R2D2 with 4WD "The owner actually went into Target with a lightsaber."
Israel Flores Jr, Los Angeles, CA

Man-icorn "It was just shampoo but I'm powering up like on *Dragon Ball Z*."
Brian Owens, Virginia Beach,VA

Puke powder "Taken in an Iranian grocery store. Nice name for laundry detergent, eh?" *Mark Miller, Montreal, Quebec*

SEND IN
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Got a camera that makes calls?

Send your best pics and a brief description to cellshots@FHMUS.com. Then, visit FHMUS.com/cellshots for more phone madness. Updated daily!

READER VS. COBRA: GORMANSTUDIOS.COM

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WTF!

ASSEMBLY

FACTORY RECALL!

Meet the sexy diamond *FHM* readers unearthed in a car-manufacturing plant

The story published last fall on General Motors' Wilmington, DE, Saturn plant generated loads of reader mail. Only a handful of the letters asked where unused tape decks went—the rest demanded more of the hottie on page 106.

"The readers must like my breasts," says Samantha Lee Miller, a 20-year-old motor builder from Smyrna, DE, "because you couldn't really see my face in the story."

Here, by request, is a clearer look at the finest that United Auto Workers Local 435 has to offer.

SHE'S INDUSTRIOUS!

"There are 10 jobs that go into building one engine and I know every one of them. When I walked in, they were like, 'This girl doesn't know anything.' Now, when something happens, I fix it."

CARS ARE NOT HER LIFE . . .

"In *FHM*, I was putting a converter on a motor. What a converter does exactly, I couldn't tell you. I'm not car-centric—I could definitely date a guy who knows nothing about cars."

. . . BIKES ARE!

"Guys think it's hot that I build motors, but when I tell them I ride a crotch rocket, they can't believe it. I can't pop wheelies, but I do stand up and take my hands off the handlebars."

SHE'S HEAVING!

"One girl at the plant told people I drive topless. Not true. My breasts are my best feature, though. One guy gave me a free tongue piercing, then asked me to flash him. Guys say stuff like that all the time."

"Ever since the *FHM* story (below), people have been asking for my autograph when I walk into work," says GM's Samantha Lee Miller

BY PHILLIP CRANDALL; PHOTOGRAPHY BY PERRY HAGOPIAN; STYLING BY DANA RAVICH FOR ARTISTSBYTIMOTHYPRIANO.COM; HAIR BY ALEJANDRA USING PHYTO HAIR CARE FOR ARTISTSBYTIMOTHYPRIANO.COM; MAKEUP BY JAMES BURNS FOR ARTISTSBYTIMOTHYPRIANO.COM; TOP AND BOTTOMS BY SPOYLT AVAILABLE AT FAIRE FROU FROU; EARRINGS AVAILABLE AT MIA MIAMI BEACH

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SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

WTF!

'INCOMING!' *FHM* goes back to the front

Due to blackout dates with our frequent flyer miles, *FHM* hasn't been able to embed a reporter with our boys fighting in Iraq. So, instead we collected a view of life on the front lines from far better sources—the soldiers themselves. For sending in the shots shown on these pages, each soldier snagged a Samsung Digimax i5 camera. Got some war photos? Send them to letters@fhmus.com.

"Posing with Saddam is one of our Generals and Lieutenant Colonels (who asked to remain nameless) during a reconnaissance mission in the International Zone or 'Green Zone.' It's where all our diplomats, politicians and very high-ranking officers live outside Baghdad." *Sgt. Michael Antonas, HHC, 16th Engineer Brigade*

"The Crossed Sabers used to be Saddam's parade ground but now it's more or less a tourist attraction." *Sgt. Matt Stemmler, 654 MP Company, 3rd PLT*

"During a patrol with the Iraqi Army, we were late heading back to our trucks. I flipped off one of the drivers who was complaining. The Iraqis thought it was funny and they tried to flip him off too. They weren't holding their fingers right so we helped them out." *Sgt. Samuel Cetrano, 2nd Brigade Combat Team, 28th Division*

"We make an effort to build good relations with the children. I have a video of kids singing 'In Da Club.'" *First Lieutenant Alan Van Saun, Bravo Company, 2-327 Infantry*

WHAT'S WRONG WITH *FHM*?

Ask Dad, mistakes happen. Here are some of the ones we've made recently.

The December Hot Wheels story, "Gold On Wheels!" features a car you call a "1969 Cheetah" but the inset shows 1967 on the bottom of the car. Just send $20 worth of Hot Wheels.
G.R. Basham, Gray, TN

In the Tech Special, you stated that the LG Chocolate phone, "won't make your face break out like Zagnut bars do." As a former fatty, I know Zagnuts don't have any chocolate in them. That $20 will buy a lot of candy . . . I mean work-out stuff.
Michael Switek, Woodbridge, NJ

On page 48 of the "Die, Jaws!" story, you mention a Delaware shark fisherman dying while aboard his boat the *Relentless*. Well, that happened but his boat was called the *Reel-istic*. The $20 I get will be thanks enough.
Andrew Bell, Wilmington, DE

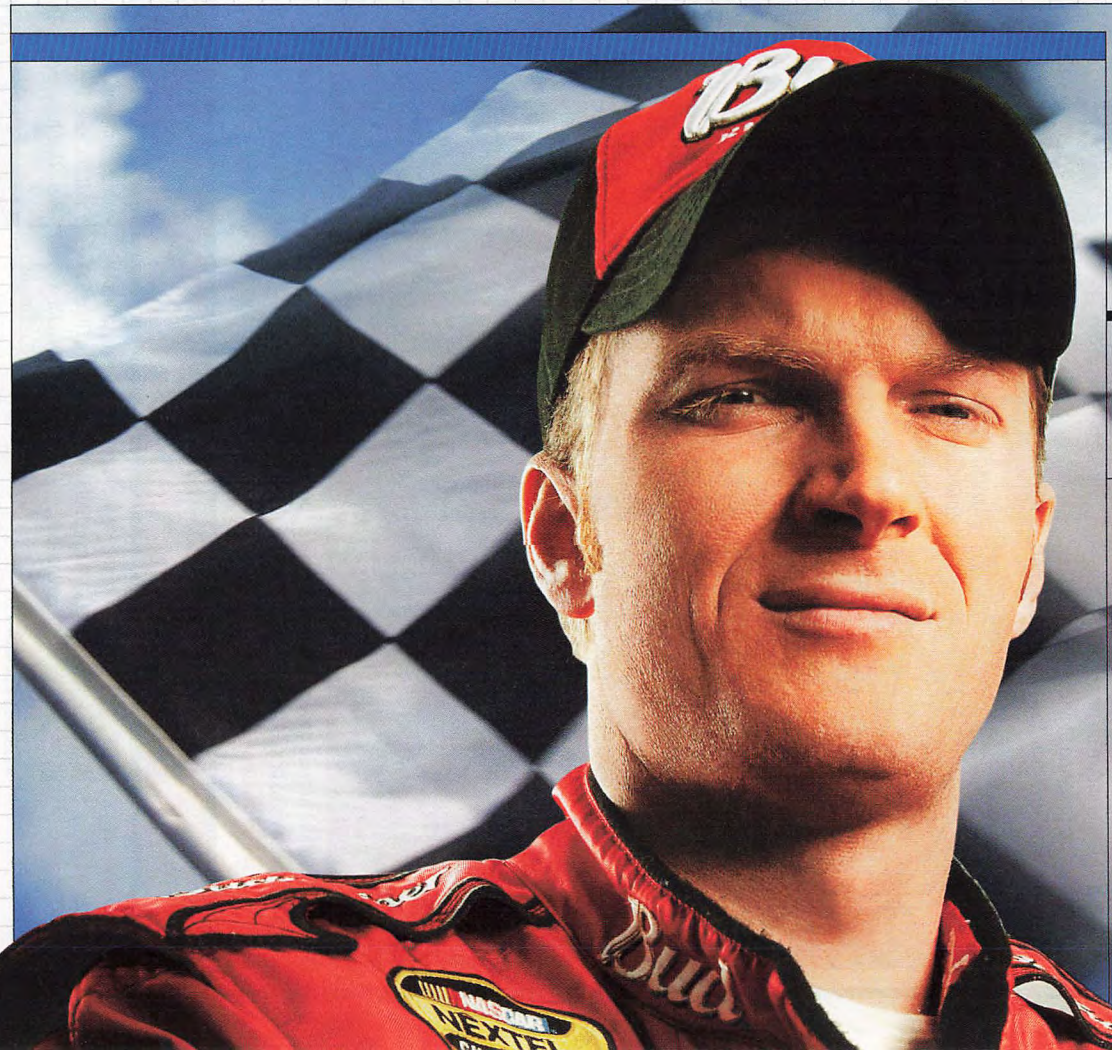
IDIOT OF THE MONTH

On page 161 of the December issue, you state that Julie Hinton is from "Maple, ON." According to the U.S. Postal Service there is no state in the union properly abbreviated ON.
Jon Chananie, New York, NY

Jon, ON is Ontario, Canada. Send our $20 to FHMUS.com 110 Fifth Ave., New York, NY. Thanks!

HOMBRE

THE TEST



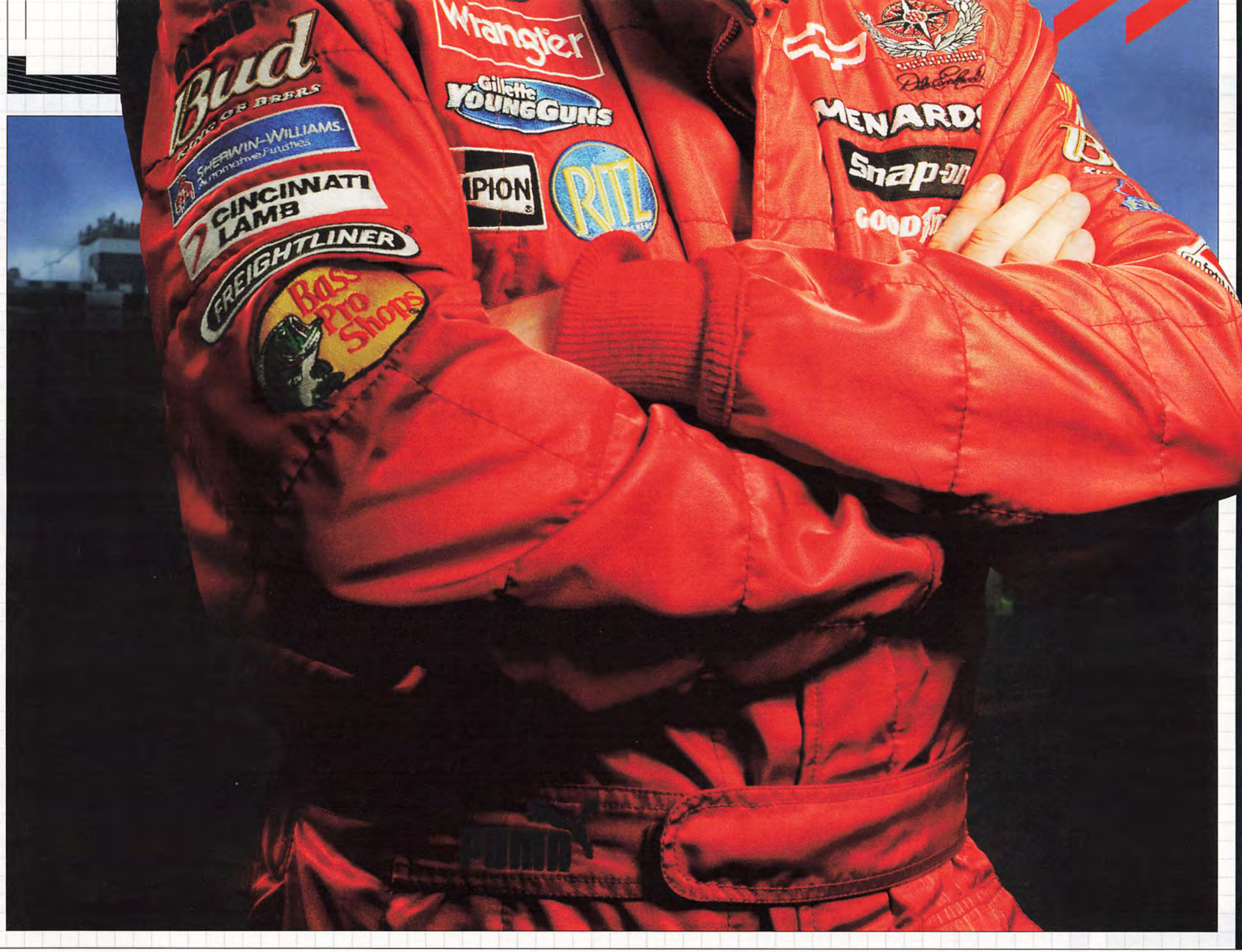
SPEED

RACE DAY I.Q.

As Dale Earnhardt Jr.'s plan for victory at Daytona proves, there's more to NASCAR than turning left

Daytona is my favorite place to race," Earnhardt says. "Growing up, every kid has one thing that they wait for every year, maybe it's Christmas Eve or some other holiday. For me, it was always the July race in Daytona. That was our family vacation. My dad would take me and my sister and we'd stay on the beach and play in the sand, then go watch the races.

"Obviously the Daytona 500 is now the biggest race of the year. It's like our Super Bowl. It's such a big race that we spend at least 20 percent of our budget for the year preparing for it. But racing at Daytona is like a chess match. You can have the 10th or 15th fastest car and still finish in the top three." Turn the page to see how Junior plans to get his Bobby Fischer on when the 500 kicks off February 18.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NASCAR

RULE DAYTONA!

Dale Jr. gives you everything you need to win America's greatest race. Except the keys

Drafting

"When you're going down the interstate and get too close to a tractor trailer, and the air buffets your car around—that's draft. That tractor trailer is punching a huge hole in the air and leaving a wake similar to the V-shaped wake a boat leaves in the water. When you're racing, you want to get in a car's wake because the air there is less dense and you can travel faster through it. At the same time, the guy in front punching through that air for you gets a bump in speed just by having you pushing in from behind. The rule of drafting is that two cars move faster than one.

"But even at the Nextel Cup level, a lot of drivers don't really understand where the wake is and how to use it. For example, you can use the sides of the wake to slingshot past a car in front of you. Once you're in his draft and your car starts hauling ass, you can get along beside him tucked into that wake—your cars are side-by-side and only an inch apart. But as soon as you hit the wall of the wake, it will kill your momentum, because it's a huge line of dense air. You actually want to turn your car a bit and jump the line of air, just like you'd jump a boat's wake. You can tell when drivers don't understand how to work the draft right because you'll see them pull alongside somebody, hit that wake and stop. The two cars will literally be stuck together side-by-side. Then they're both screwed. A lot of drivers don't understand how deadly that wake can be to your momentum."

Cooperation

"Because of the way drafting works, Daytona is all about alliances. I've got my friends—drivers like Elliott Sadler or Matt Kenseth—who I know will always help me on the track. Then there are drivers you find during practice on the Thursday or Friday before the race. You'll haul ass together for a lap or two and pass a bunch of guys, then see them later in the motor coach and say, 'Hey, we were getting shit done out there. Let's work together during the race.' I've done that with guys like Tony Stewart and Michael Waltrip. Alliances can last until the very last lap. But at the end, your friends can't fault you for doing what you have to do to win the race."

Avoiding accidents

"On every single lap, I'm thinking about how to work the air. But I'm also trying to avoid accidents. Wrecks don't happen when guys are running in a single file line—they happen when guys are bunched two or three wide. If I'm in the middle of the pack and I see the dudes ahead of me three-wide, I'll focus less on what I'm doing and pay attention to them until they go back to single file or two-wide.

"We don't brake in the corners at Daytona, and if there's a wreck in front of me, it doesn't matter how much I brake—I'm going so fast I won't be able to stop in time. Since the brakes are useless, we put tiny ones on to save weight. That means, as soon as I see a guy in a pack start losing control, I need to immediately know how to avoid him."

Blocking

"If you're in the lead near the end of the race, you're spending 90 percent of your time looking in the rearview mirror to see who's coming up behind you. There may be two lines of cars coming behind at the top and bottom of the track, so you'll try to get in front of the line that's moving the fastest. Once you do, they'll give you a little push and you'll kill their momentum a bit. Then you'll see the other line starting to move, so you creep on over there. You do that as long as you can until eventually one of the lines pulls a monster run on you that you don't have time to block. Then you're back in the fight.

"So many things happen over the course of the race that it's insane to even be out there at the end much less to be in the lead. Winning Daytona was the most exciting moment of my life. It was the single fucking coolest day ever."

EARNHARDT: PATRIK GIARDINO/CORBIS OUTLINE; DRAFTING: SAM SHARPE/THESHARPEIMAGE.COM

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FOOD

FOOD NETWORK'S
GEORGE DURAN

GEORGE'S DEEP-FRY BATTER

Ingredients
2 cups all-purpose flour
2 tbsp. sugar
1 tsp. baking powder
1 large egg
1/2 cup seltzer water or club soda

Preparation In a large bowl, whisk the flour, sugar, and baking powder. Add the egg and half the seltzer and whisk to combine. Add more seltzer as needed until the batter is the consistency of heavy cream.

GREASE

TRIAL BY FRYER >>

Food Network host George Duran goes artery-bombing with deep-fried experiments on your favorite munchies

Deep-frying can make any junk food even junkier, but will it taste good? Let's play around and see! After you whip up some batter (see above), heat three-and-a-half quarts of peanut oil to 350 degrees in a stock pot—or deep fryer if you own one. Slather each food item in the batter, then place in the oil using tongs. Once the batter starts to brown, you're done.

Test subject No. 1
White Castle burgers
Start with frozen White Castle burgers. When you deep-fry them, they cook—the cheese melts, and everything. What can you say about White Castle? It's always good when you have the munchies, and deep-fried, it's twice the satisfaction.

Test subject No. 2
Microwavable pizza
The pizza's bread crust soaks up a lot of oil, making it taste incredibly oily and not good at all. I don't recommend deep-frying pizza.

Test subject No. 3
Hard-boiled eggs
Delicious. They taste like fried eggs. The battered outside is like bread, so it's like eating fried eggs with buttered toast. These are similar to Scotch eggs, which are hard-boiled eggs that have been breaded, deep-fried and wrapped in sausage meat.

Test subject No. 4
Gummy worms
I don't like the rubberiness of gummy worms, but deep-frying makes them crunchy. The batter also makes them less sweet than actual gummy worms, so it works really well.

Test subject No. 5
Chocolate chip cookie-dough balls
Be sure to use cookie dough that's safe to eat raw. Tubes are usually fine. Use pasteurized eggs or Egg Beaters if you make your own dough. Deep-fried, it tastes like freshly baked chocolate chip cookies, only 10 times better—the best of all our tests.

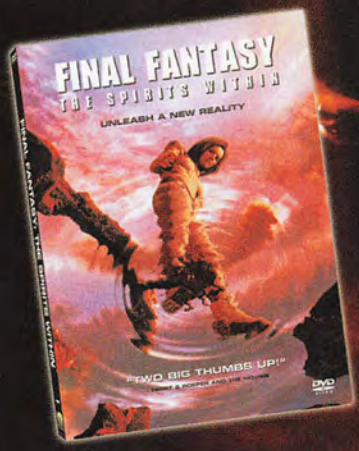
Catch George Duran on Secret Life Of . . . *Mondays at 10 p.m. on Food Network.*

PHOTOGRAPHY BY ANDREW BRUSSO

ADRENALINE INCLUDED

RACE OUT TO SEE GHOST RIDER PG13

IN THEATERS 2/16/07



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SONY PICTURES HOME ENTERTAINMENT

INSTANT WISDOM

- The Home Depot is the second-largest retailer in the U.S. and third worldwide.
- *Please Hammer Don't Hurt 'Em* was the first hip-hop album to sell 10 million copies.

SMASH

HEAVY HITTERS

Before swinging like John Henry make sure you've nailed the right tool for the job

> 1) Bricklayer's Hammer
With a spiked tail for scraping and a square head for striking, this hammer hails from the days when bricks were made from mud, straw and horse hair. But like rap rock, this tool's popularity has dwindled. "Now bricklayers use a saw with a masonry blade," says Sandor Nagyszalanczy, author of *The Art of Fine Tools*. **www.estwing.com**

> 2) Sledgehammer
Both Vikings and Pilgrims constructively swung the sledge to pound large wooden rivets. Nowadays, the hammer finds itself wrapped in Ty Pennington's manicured hands for demolition. "There's a certain kind of primal urge to the sledge," Nagyszalanczy says. **www.vaughanmfg.com**

> 3) Ball-Peen Hammer
The ball-peen emerged during industrialization alongside the black lung. With a flat face for standard smacking, the hammer also sports a ball end. "It's used primarily in machine and auto-body shops to shape or 'peen' metal," says Dan Comerford, author of *The Hammer: The King of Tools*. **www.craftsman.com**

> 4) Claw Hammer
Before the Romans could perfect crucifixions they had to invent the iron nail. But prying them loose often decapitated the hammer. It took 1,700 years before American blacksmith David Maydole inserted a tapered handle into a deepened slot in the tool's head to create the blueprint still used today. **www.stanleytools.com**

> 5) Engineer's Hammer
The three- to five-pound mini-sledge hits the mark for heavy duty metal work and punishing rivets and steel sheets. Originally used by blacksmiths as far back as the Bronze Age, the portable powerhouse traces its moniker to the greasy blue-collars who forged into the industrial era. "These engineers were on-the-ground foreman–type guys," Comerford says. **www.estwing.com**

> 6) Mallet
Wooden mallets predated the metal hammer and packed a wallop back in ancient Egyptian times, but they still serve a purpose today. "Mallets are used when you don't want to mar a material's surface," Comerford says. Rubber became the standard head after vulcanization was discovered in the mid-1800s. **www.vaughanmfg.com**

TEXT BY STEVE MARZOLF; HAMMER PHOTOS: GORMANPHOTO.COM; PHOTO ILLUSTRATION: JAKE RICKWOOD

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GADGETS

INSTANT WISDOM
◆ The first commercially successful car radio cost between $110 and $130 and was built in 1930 by Motorola, which took its name by combining "motor" and "Victrola."

VOLUME

SOUND MACHINES

Skew the line between mobile home and living out of your car with a new stereo system

1) PIONEER AVIC-D3

Picture watching
Unlike a beaded seat cover, the Pioneer AVIC-D3 looks great in the cockpit of any car. Control everything, including CDs and DVDs, from the touch-panel display. At 6.1 inches it's the perfect size for giving dashboards that factory-installed look.

Map reading
MapQuest be damned. Pioneer's system is packed with complete maps of the USA and Canada. It also includes 11 million points of interest, so you'll definitely be able to find that one and only ATM in the Northwest Territories.

Satellite listening
Choose XM and get hard rock on the Boneyard channel and lady talk with Oprah & Friends. Go with Sirius and it's Octane and Martha Stewart. Throw down a few extra bucks a month and you get XM's NavTraffic service, which alerts drivers to traffic conditions and accidents while suggesting alternate routes.

iPod plugging
Squinting is for Josh Hartnett. Save your eyesight by jacking your iPod into the AVIC's superior screen. With the iPod Direct feature you can scroll through and control all of your stored music onscreen.

Hands-free yapping
Bigmouths with Bluetooth phones are in luck: The D3 displays incoming numbers while automatically muting two-for-Tuesday rock blocks, allowing you to hear calls over the car's speakers.

$1,100; www.pioneerelectronics.com

2

3

4

2) JENSEN VM9412

$600; www.jensen.com
Like the AVIC-D3 above, Jensen's latest model requires drivers to wash their Cheeto-stained hands before operating its touchscreen. The VM9412 is satellite- and navigation-ready, and it plays well with iPods. But it's the 7-inch motorized screen for watching movies that's going to keep you from ever leaving your driveway.

3) JVC EXAD KD-AVX33

$650; www.jvc.com
Not ready for those massive big screens? The KD-AVX33 lets you go smaller at 3.5 inches but manages to pack in such amenities as iPod and satellite capability and Bluetooth for streaming music and making calls. And the EXAD plays slideshows of your digital photos—thus rendering your View-Master completely useless.

4) SONY CDX-GT510

$140; www.sonystyle.com
If your car still rocks a tape deck, maybe it's time for an upgrade. Sony's new receiver plays compact discs, it's satellite radio-ready and it has a remote for complete control from the back seat. Plus, the switchable red and green illumination will come in handy next Christmas.

AUDIO EXPERTISE!

Pimp My Ride's car-dissecting pros advise your sound upgrade

Know Your Dealer
"Ask about a shop's reputation before you go," says Beau Boeckmann, V.P. of Galpin Auto Sports. "A basic upgrade of speakers and an amp should take 45 minutes and cost you $800, so watch out for rip-offs," adds Galpin's electronics expert Mad Mike. "Beware of all products on the Internet."

Spend Wisely
For cheaper cars, go for a four-channel amp or new speakers. If you're on a budget, Mad Mike recommends MTX and Alpine amps and a Rockford Fosgate 3Sixty, which integrates any factory radio to any after-market amp. "But even high-end cars let you down in the audio department," Boeckmann says. Replace their woofers to get the best sound.

'High-end cars let you down in the audio department'

Complement Your Tunes
If you like rock, you don't need much bass. "For speakers I recommend MTXs, MA Audios, and Audiobahns," Mad Mike says. "For bass-heavy music, go with MB Quart, Image Dynamics, Boston Acoustics and JL Audio."

"SOUND MACHINES" BY JOHN MIHALY; "AUDIO EXPERTISE!" BY DAN REILLY

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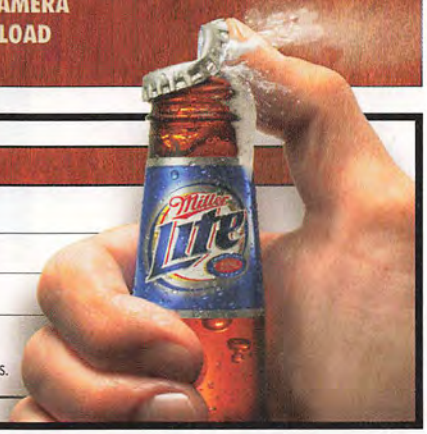
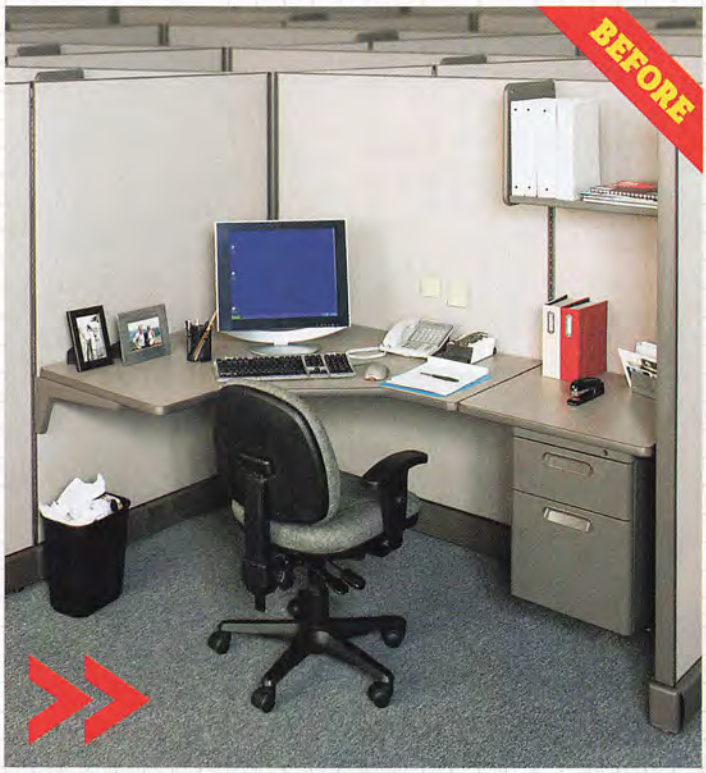




LABOR

PODS OF GLORY!

Make an impression on your supervisor without resorting to long hours

In search of a better workplace identity than, "Horse Breath"? Start by purchasing *Cube Chic*, interior designer Kelley L. Moore's book of do-it-yourself projects for overhauling your vocational cage.

"The first place to start is with your cubicle walls because they're the biggest surface space," Moore says, "and because nobody likes those horrible, standard-issue gray ones."

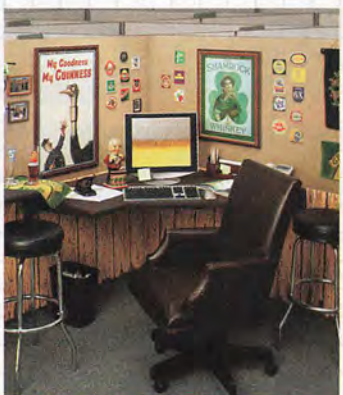
Don't worry: When your job is outsourced to a New Delhi boiler room, there won't be a mess left behind for your cube's next tenant. Thanks to an excessive use of Velcro and tape, none of Moore's 22 make-overs permanently damage company property. Which is right for you?

CASINO CUBE

The good Green felt and slot machine
The bad Embezzling company funds isn't covered under, "Whatever happens in my cube, stays in my cube."

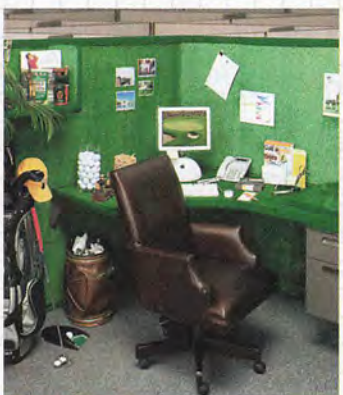
PRIVATE CLUB CUBE

The good Brandy and cigars
The bad Being denied entrance to your own desk because you're not rich or white enough.



PUB CUBE

The good Bar stools, beer coasters, neon signs and dartboard
The bad The I.T. guy and Crazy Carl from the mailroom are your regulars.



GOLF CUBE

The good Wall-to-wall AstroTurf
The bad H.R.'s hissy fits whenever you park your golf cart in the bathroom's handicap stall.

CUBE GAGS

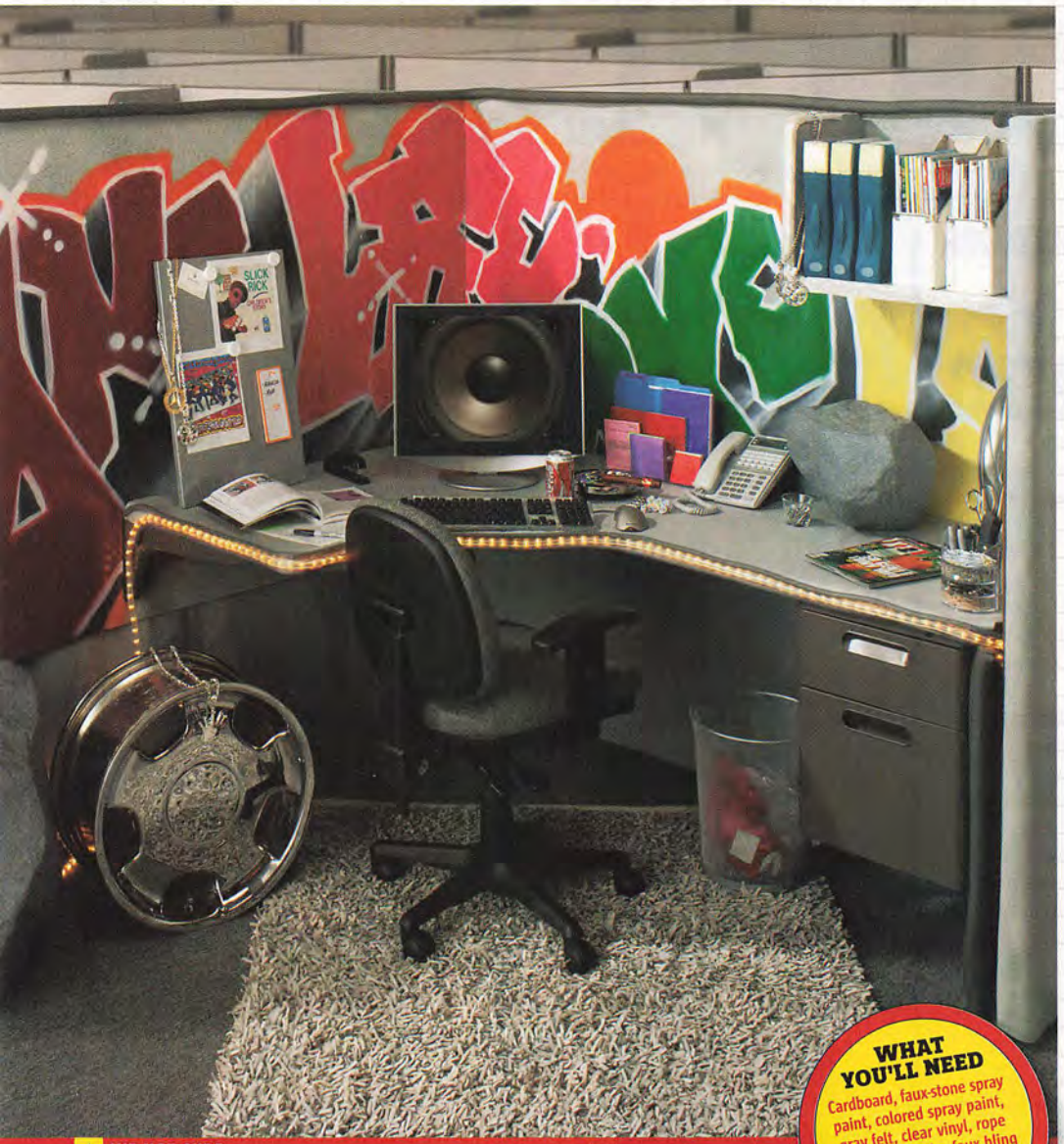
To do: buy some goofy junk so my coworkers laugh with me, not at me

Six-pack Paperweights
This heavy little sixer says, "My inability to file away paper isn't my only problem." **$98; www.mossonline.com**

Slacker Chair
At last, furniture that hippies and scoliosis sufferers can both agree on. **Prototype, not yet available; www.marielouise.se**

Mini Desk
This desk made from a Mini carcass has a working horn. And no gas is needed—it runs on your misery. **$4,800; www.ministatements.co.uk**

"PODS OF GLORY!" AND "CRUNK AT WORK" BY TOM CONLON; "CUBE GAGS" BY ALBERT STAMPONE; CUBE IMAGES: JUSTIN GOLLMER FOR STUDIO 3, INC.; SIX-PACK PAPER WEIGHTS: DAVIES + STARR



WHAT YOU'LL NEED
Cardboard, faux-stone spray paint, colored spray paint, gray felt, clear vinyl, rope lights, faux rocks, faux bling (all available from an arts and crafts store), a rim and a gray rug.

HIP-HOP CUBE

The good Graffiti, pimp chalice and spinner
The bad Catching heat for the controversial lyrics of your outgoing voicemail message

FOUR EASY STEPS!

1 Bomb the walls
Measure your walls and cut pieces of cardboard to size. "At home, spray them with faux stone," Moore says. "It's a gray spray paint that will give your walls that concrete alley feel. Let dry, and the next day spray your graffiti." Hang with Velcro.

2 Detail your desk
Make your desk look concrete using gray felt. Measure a bit larger than your desk so you can tuck the ends under and secure them with duct tape. "For a hard writing surface, cover the felt with clear vinyl—the stuff grandmas cover their furniture with," Moore says. "Use more Velcro to attach a string of rope lights."

3 Double the rug
"Your floor is the second biggest surface area you want to transform," Moore says. "This gray shag rug I found at IKEA evokes concrete, which again gives you more of that back alley feel." Shanking passersby with your letter opener will help reinforce that vibe.

4 Garnish appropriately
"Get a cigar and ashtray, and some faux bling," Moore says. "I used a $2,500 rim here, but you could find something at a junkyard that would work." Whatever else you decorate with—album covers, a hip-hop inspired computer background, etc.—is up to you, depending on your gang affiliation.

CRUNK AT WORK

Your desk has street cred. Now heed Lil Jon's tips for career advancement

Brown your nose "Kiss the boss's ass. Buy him a birthday present or offer to baby-sit his kids. Kiss ass and you'll jump ahead of everyone else."
Stock liquor "To spice up a lame office party, bring a bottle of Corazón and make everyone do shots. Before you know it, things will get wild. Suddenly, nerdy Sally from the cubicle across the way is taking her shirt off and spanking her own ass. A few more shots and she's kissing the receptionist. Maybe you get in there and start kissing both of them. The next day, you act like nothing happened."
Delegate work "The No. 1 job of an intern is to do all the

'Kiss ass and you'll jump ahead of everyone else'

work you're supposed to be doing. But you've got to win them over first. Take them out for a beer once. Let them feel your vibe. After that, they'll be like, 'He's a cool motherfucker. I'll happily do work for him.'"
Go blue "PowerPoint presentations are always so tight-assed. If you have to do one, make it interesting by cursing. Start off with, 'You motherfuckers need to relax in this bitch. Y'all too tight. Now, let's get this presentation started.' That'll throw people off a bit and they'll really start listening—because you might say anything."

Lil Jon's album **Crunk Rock** *is available now.*

ELEMENTS

CLOSET >> MECHANIC

Update your wardrobe with Tommy Hilfiger's guide to the essentials

Tommy Hilfiger

1] Business suit
"A man should never wear the same suit two days in a row. What is needed is a navy two- or three-button wool suit and a grey flannel suit, which will work from the boardroom to day and evening affairs. Style it with different color shirts and ties to update and vary looks."

2] Classic sport watch
"Similar to the necktie, the watch provides a window into someone's personality or sense of style. Most people are willing to invest money in a watch since it's a functional piece not changed too often."

3] Straight leg classic fit jeans
"You can never go wrong with these. I prefer jeans that lean toward the dark end of the wash spectrum. They tend to elongate and hide flaws."

4] Classic crisp white shirt
"Every man should own a white shirt where the perfect fit is key. Fit is a confidence thing. If you feel good in the shirt, then you will feel good about yourself. It is timeless, classic and necessary for every man's wardrobe."

5] Classic leather belt
"Beautiful leather is the key, but nothing too flashy. A simple silver buckle with fine leather completes a look and can be used with suits and jeans. I would avoid the matching-belt-and-shoe rule—it's overrated."

6] White tennis sneaker
"It is an all-American staple that always looks youthful, relaxed and fresh. Good with jeans and five-pocket cords. Layer a sport-coat on top and you're good to go."

All items by Tommy Hilfiger, call 888-tommy-4u or log on to www.tommy.com

1

Grey worsted wool suit | $495

2

Sport Turbo watch | $95

3

Classic fit jeans | $55

4

White button down shirt | $60

5

Leather belt | $40

6

Leather sneakers | $60

TEXT BY CHRISTINE MARRON; STILL LIFE: GORMANPHOTO.COM

INSTANT WISDOM

- Adidas is correctly pronounced "ADY-DAS" after founder Adolf "Adi" Dassler.
- This year's NBA All-Star Game is the first to be held in a city without a team.

BASKETBALL

SNEAK ATTACK!

Adidas reminds you that there's no 'i' in team. Though, there's definitely an 'm' and an 'e'

Lately, a team player in basketball is harder to find than a Knick at the All-Star Game. But by teaming up Tracy McGrady, Kevin Garnett, Tim Duncan, Chauncey Billups and Gilbert Arenas for the It Takes 5ive campaign, Adidas is stressing the importance of teamwork over showmanship. The players worked closely with Adidas to design their own sneaks, one of which will be released each month through the end of the season. This March, it's the C-Billups.

1 STEALTH ALL-STAR SNEAKERS $90
2 KG BOUNCE ALL-STAR SNEAKERS $125
3 T-MAC 6 ALL-STAR SNEAKERS $135
4 C-BILLUPS ALL-STAR SNEAKERS $95
5 GIL ZERO LOW ALL-STAR SNEAKERS $95

'BUY MY KICKS!'

Meet Chauncey Billups, the greatest shoe salesman since Al Bundy

Growing up, did you buy the new basketball sneaks the day they came out?
I'd go to the store that first day and put them on layaway, make a few payments and get them in a couple weeks. They were still new to me when I got them.

What was your favorite shoe?
Everybody liked Jordan's, but I loved Penny's shoes, too. To have my own is surreal.

What input did you have on your sneaker?
I wanted ankle stability and didn't want it to be too heavy. We went back and forth with a lot of different samples, cutting this part off here or going lower there. Everything I wanted, they gave me.

What was your favorite era for basketball style?
Probably when Jordan started wearing the longer shorts. After he did it, the Fab Five at Michigan did it in college. They revolutionized style a bit with those shorts and black socks.

Now that you have the ring and the shoe, what other accessory do you need?
Another of both would be good. That wouldn't hurt my feelings.

"SNEAK ATTACK!" BY CHRISTINE MARRON; "'BUY MY KICKS!'" BY PHILLIP CRANDALL; SNEAKERS: GORMANPHOTO.COM

INSTANT WISDOM

- In 2006, Alka-Seltzer celebrated its 75th anniversary with a Guinness-World-Records-setting 510 item buffet.
- The average weight gain on a seven day cruise is eight pounds.

PORTIONS

BUFFET ATTACK!

Bankrupt your town's all-you-can-eatery with help from the champ of competitive consumption

I once entered a buffet contest where I had 45 minutes to increase my weight by eating anything I wanted. They weighed us before and after the competition to determine the winner. I gained 26-and-a-half pounds and won.

In this case, because all that mattered was gaining weight, I drank 13 pounds worth of water before I even started eating. While others struggled with food, I spent 20 minutes just drinking water. That alone was enough to put me near the top of the competition.

Of course, that's contest strategy. If you're simply at a buffet to get value for your money, here's the key to eating. First, start with things that are easy to digest. Your order of eating should be carbohydrates, then proteins, then fats and oils. Carbohydrates digest the fastest, especially mashed potatoes. Fats and oils slow your stomach down, so save them until the very end. If possible, also start with something spicy, because that will stimulate your stomach into action. In the buffet contest, the first thing I ate was curry rice, which was basically rice with a spicy brown sauce.

Once you start getting full and it becomes more difficult to eat, concentrate on liquids and desserts. As you eat solid foods, they stack up haphazardly in your stomach. Liquids and softer foods like yogurts or ice cream fill the gaps between them.

FHM COLUMNIST
THE WORLD'S GREATEST EATER
TAKERU KOBAYASHI

AMERICA'S TOP PIG-OUT PALACES!

The International Federation of Competitive Eating scouts the country's best buffets for *FHM*

Spice Market Buffet

Las Vegas

The Aladdin/Planet Hollywood casino's gastrointestinal Mecca stuffs more than a million pie holes each year. Its $24.99 toll grants access to nine themed food areas including a build-your-own burger station. "King crab leg is our most popular item," says Spice Market's Rich Feuerstein. "Customers eat more than 175,000 pounds a year."

Chang's Mongolian Grill

Three Washington State locations

Hand over $11.49, grab a bowl and fill it with up to five flavors of flesh—chicken, beef, turkey, pork and lamb—four species of sea creature, greens, noodles and sauce. "Each bowl is pretty massive," claims Jeff Jones of the Renton, WA, Chang's location. "But I've seen people go through as many as six of them."

Nordic Lodge

Charlestown, RI

For a whopping $70, this Viking-themed landmark delivers an epic spread of prime rib, filet, chicken, crab, shrimp and oysters—all while surrounding you in a museum-like collection of stuffed big game. "All-you-can-eat lobster is our big draw," says co-owner Lisa Singleton. "We go through 6,000 pounds each weekend."

Bird-in-Hand Grand Smorgasbord

Bird-in-Hand, PA

Located in Pennsylvania Dutch country, this $15.99 feast is famous for beef and turkey roasts and its plethora of pies and cakes. For young tubbies, there's a kid's buffet, inexplicably built inside of a mini Noah's Ark. "We use a lot of butter and sugar," declares co-owner John Smucker. "Fat-free just isn't who we are."

PHOTOGRAPH BY JOSEPH CULTICE; "AMERICA'S TOP PIG-OUT PALACES!" BY MARK YARM

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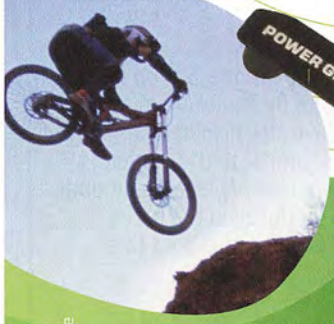

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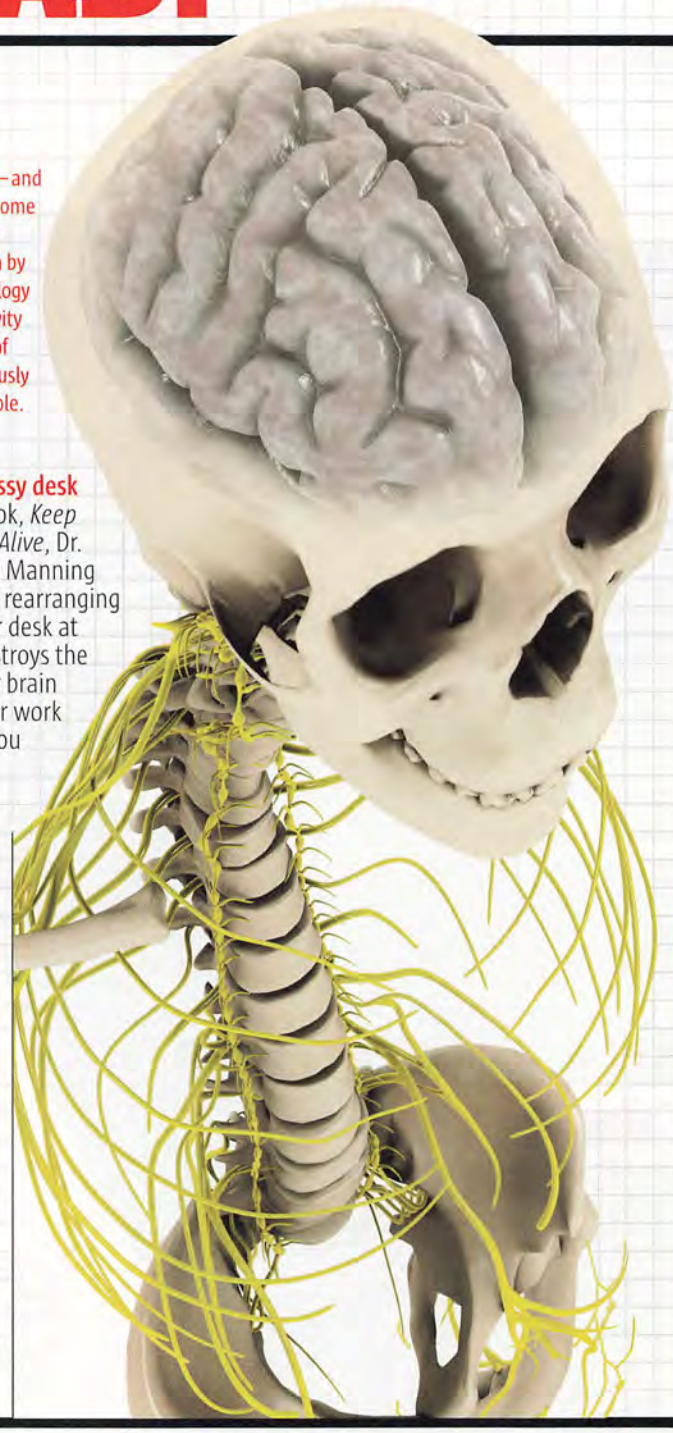
INSTANT WISDOM

In his new book, *The Odd Brain*, Dr. Stephen Juan claims that an aspirin tablet is 40 percent more effective if taken with a cup of hot chocolate instead of water.

SMARTS

FLEX YOUR HEAD!

Ten easy steps to becoming a *Jeopardy* watcher instead of a *Wheel* tard



1 Pump iron

Buy a gym membership—and not just for the unwelcome sexual advances in the showers. New research by the Salk Institute of Biology says that physical activity promotes the growth of new brain cells, previously thought to be impossible.

2 Keep a messy desk

In their book, *Keep Your Brain Alive*, Dr. Lawrence Katz and Manning Rubin recommend rearranging everything on your desk at work. Doing so destroys the spatial "map" your brain had created of your work area, which kept you from exerting any brainpower.

3 Snack wisely

Eggs are rich in choline, which boosts memory. Popcorn keeps you alert with energy-producing carbs. Strawberries and blueberries have shown to improve coordination, concentration and short-term memory in rats. The lesson? You might consider some flexibility in your all-jerky-and-Cheez-Whiz diet.

4 Brush irregularly

In *Keep Your Brain Alive*, Katz and Rubin suggest brushing your teeth with your off hand, which forces the opposite side of your brain to handle tasks it isn't used to handling. It's like sit-ups for the cortex.

5 Hibernate

According to a recent *New Scientist* article, your think muscle is problem-solving and building and maintaining memories while you're sawing logs. Skipping Zs can damper learning, alertness, memory and concentration.

6 Shun companionship

Besides whip fatigue, *Sex on the Brain* author Dr. Daniel Amen asserts that people in love also display low seretonin levels, similar to OCD sufferers. "Also, when we fall in love, a large amount of dopamine is produced in the brain," McEwen says. "Cocaine also does this."

7 Lower your stress

A recent study at Sweden's Göteborg University found that long-term stress shrinks the hippocampus, a slab of the brain responsible for memory, and one of the first to be lobotomized when Alzheimer's sets in.

8 Play more *Madden*

UCLA's Children's Digital Media Center has found that avid gamers display improved coordination and problem-solving skills. That puts you roughly one game of *Halo* shy from being the next Good Will Hunting.

9 Drink properly

Even slight dehydration can rot your gourd in the long run, making a steady supply of water as important to the brain as it is to dispersing a hippie demonstration. Soda's sugar can deplete the brain's energy supply, compromising your ability to concentrate and learn.

10 Go deaf

Katz and Rubin also advise wearing earplugs to the breakfast table. Nixing one of your senses, they claim, forces you to rely on your other four to tell you that the coffee is ready, the toast is up and that the milkman is definitely banging your lady.

TEXT BY ALBERT STAMPONE; ILLUSTRATION BY 3D4 MEDICAL.COM/GETTY IMAGES

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EXTREME CONDITION

"...it simply rocks."
–Game Informer

"...plays like a dream..."
–Games Radar

"...has been making us jump in all the right places..."
–GameSpot

"...action packed..."
–IGN

"Capcom has another winner on its hands."
–Hardcore Gamer

"...an action game on full throttle..."
–Play

"Gorgeous graphics..."
–GamePro

"It's an absolute stunner from start to finish..."
– TeamXbox

"...one lean, mean, addictive futuristic shootin' machine."
–Official Xbox Magazine

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lostplanet-thegame.com

STEELBOOK

XBOX LIVE

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Jump in.

XBOX 360™

TANDEM

'DUDE, HOLD ME!'

With a mix of gasoline and gravity, two adrenaline junkies take hugging to the next level

This just in: Massachusetts isn't the only place you can go to witness the blessed union of two guys. While recently filming an episode of *Stunt Junkies* on the Discovery channel, pro skater Jason Ellis and motocross rider Colin Morrison were joined as one at a Lake Elisnore, CA, dirt track.

With Morrison towing him off of a ramp behind his 220-pound bike, Ellis shot across a 50-foot gap and stuck the landing—but not before ditching his board mid-air to ride bitch on Morrison's seat.

"When I came up with the idea, I called a bunch of motocross guys I know," Ellis says. "They all said there's no way they'd let someone do that mid-air. Colin was the only dude dumb enough."

To aid the stunt, Morrison welded a metal bar to the back of his seat that Ellis would grapple onto while airborne. That plan was scrapped, however, when Ellis connected with the bar nuts-first on the duo's second attempt. For the next jump Ellis grabbed onto Morrison instead of the bar, and they nailed it.

"We were both pretty nervous," Ellis says. "Though I don't know why Colin was. It was my ass that was out there getting slammed."

TEXT BY SHANTI SOSIENSKI; PHOTOGRAPHY BY RICH VAN EVERY

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INSTANT WISDOM

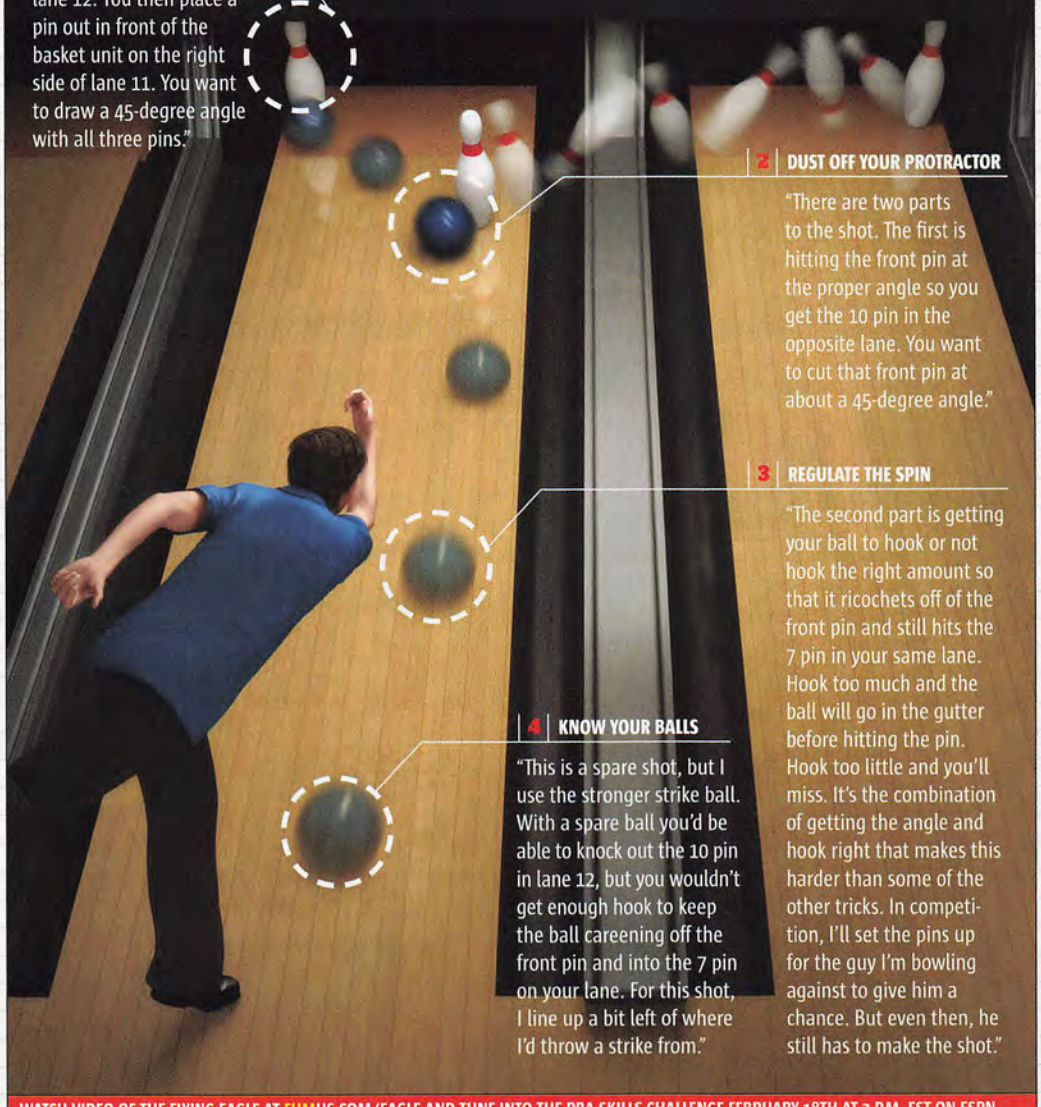
◆ In 1532, King Henry VIII constructed the world's first indoor bowling lanes. He also banned the lower class from participating in the sport on the grounds that it promoted gambling.

FRAMES

LORD OF >> THE LANES!

Perform acts of bowling wizardry under the tutelage of professional ball roller Chris Barnes

For those without the wealth or acreage to hunt man, bowling is truly the sport of kings. This month, the nation's top pin assassins go head-to-head in the PBA's annual Skills Challenge, a team-based, trick-shot tourney in which balls are flung over chairs, shot off of ramps and thrown two at a time. But the one that'll smack the stink off your bowling shoe rentals is Chris Barnes's Flying Eagle—a quasi 7-10 split in which a pin in one lane knocks out a pin in the adjacent lane. Here's how to nail it.



1 | READY THE TARGETS

"Say you're bowling in lane 11. You want to put a 7 pin on lane 11 and a 10 pin on lane 12. You then place a pin out in front of the basket unit on the right side of lane 11. You want to draw a 45-degree angle with all three pins."

2 | DUST OFF YOUR PROTRACTOR

"There are two parts to the shot. The first is hitting the front pin at the proper angle so you get the 10 pin in the opposite lane. You want to cut that front pin at about a 45-degree angle."

3 | REGULATE THE SPIN

"The second part is getting your ball to hook or not hook the right amount so that it ricochets off of the front pin and still hits the 7 pin in your same lane. Hook too much and the ball will go in the gutter before hitting the pin. Hook too little and you'll miss. It's the combination of getting the angle and hook right that makes this harder than some of the other tricks. In competition, I'll set the pins up for the guy I'm bowling against to give him a chance. But even then, he still has to make the shot."

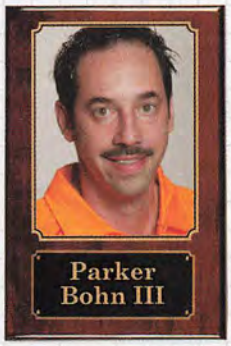
4 | KNOW YOUR BALLS

"This is a spare shot, but I use the stronger strike ball. With a spare ball you'd be able to knock out the 10 pin in lane 12, but you wouldn't get enough hook to keep the ball careening off the front pin and into the 7 pin on your lane. For this shot, I line up a bit left of where I'd throw a strike from."

WATCH VIDEO OF THE FLYING EAGLE AT FHMUS.COM/EAGLE AND TUNE INTO THE PBA SKILLS CHALLENGE FEBRUARY 18TH AT 2 P.M. EST ON ESPN.

'STACHE ELITE

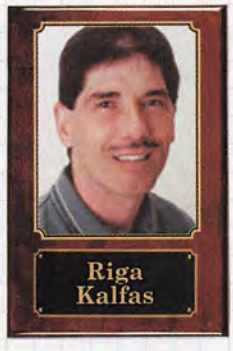
This season, don't miss pro bowling's most gifted top lips



Parker Bohn III

Jason Hurd

Ryan Shafer



Riga Kalfas

TEXT BY TOM CONLON; ILLUSTRATION BY ANDY PARKER

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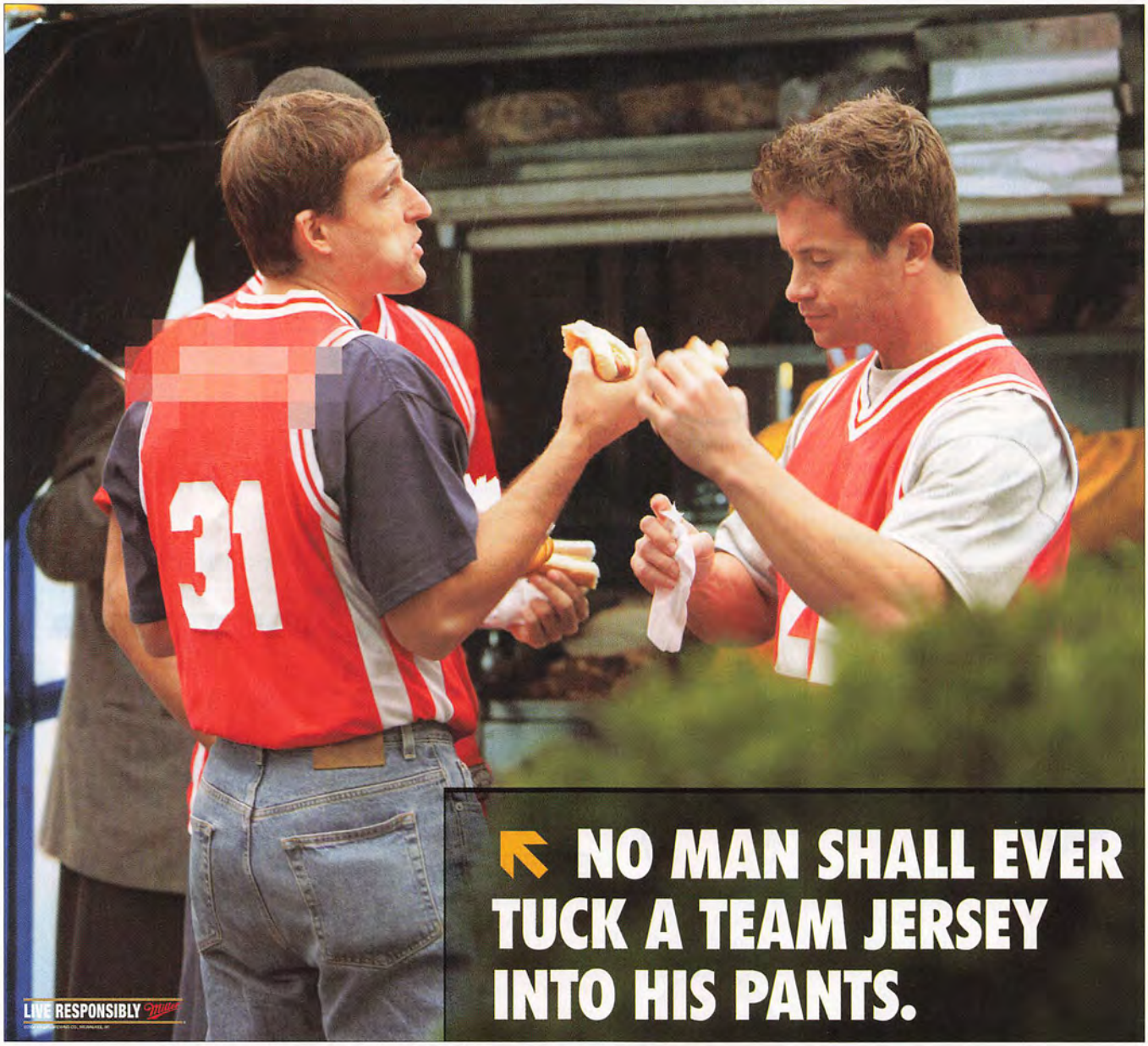

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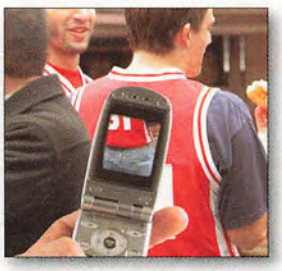

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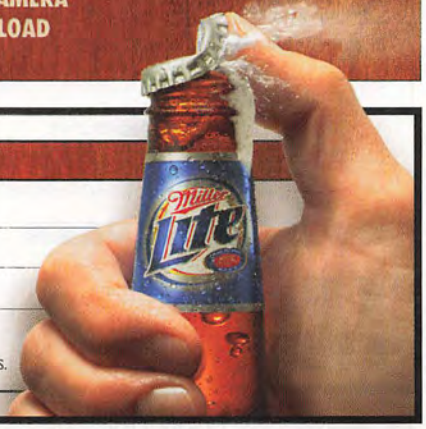


BEYOND

STAR TREK

Lando Calrissian was not the first man on the moon . . . and several other surprising facts about space

LIFTOFF

43:00 HOURS

The time prior to launch that **NASA** starts its countdown

5 shuttle launches have been aborted within five seconds of ignition due to equipment problems.

328,084 FT.

Altitude at which space begins (62 miles)

3 HOURS

The time it takes to top off a space shuttle's 500,000-gallon fuel tank with liquid hydrogen and liquid oxygen

8.5 MINUTES

The time it takes a shuttle to enter space after liftoff

73 SECONDS

The time between ignition and the explosion of the Challenger Space Shuttle on January 28, 1986

VISITORS

20 Average number of daily UFO sightings filed with the National UFO Reporting Center. *www.ufocenter.com*

48% of Americans believe alien beings have visited Earth.

2 United States presidents have reported seeing a UFO: Jimmy Carter and Ronald Reagan.

SPACEMEN

148

Total number of manned space flights in the history of **NASA**

14

Americans have died during space flight.

280

Weight, in pounds, of a spacesuit on Earth

10 years

Average length of an astronaut's career, in which he or she will travel into space an average of only two times

05/28/1959

U.S. monkeynauts Able and Baker become the first animals to be recovered alive after space flight, surviving a 15-minute journey 300 miles above the Earth and back.

THE NEIGHBORHOOD

13.7 BILLION YEARS

Estimated age of the universe

76 The number of years Pluto enjoyed planet status, before being demoted to dwarf planet in 2006

66,000 MPH

SPEED AT WHICH THE EARTH TRAVELS AROUND THE SUN

1.5 milliseconds

The amount of time the moon steals from Earth's rotation every century, resulting in longer days and shorter years over time. 500 million years ago, the day was slightly longer than 22 hours and a year contained 397 days.

5,832 hours

The length of one day on Venus

COMMERCE

$200,000

Estimated fee to reserve seats on a Virgin Galactic sub-orbital flight, which the company expects to have running by 2010

87,500 SQ FT.

Size of a Colonel Sanders logo built in the Area 51 desert in Nevada in November 2006, making KFC the world's first brand visible from space

$1,295

Starting price Space Services, Inc. charges to launch one gram of your loved one's ashes into Earth's orbit

ENTERTAINMENT

38 HOURS 37 MINS

Record for the longest non-stop *Space Invaders* marathon

$25,000

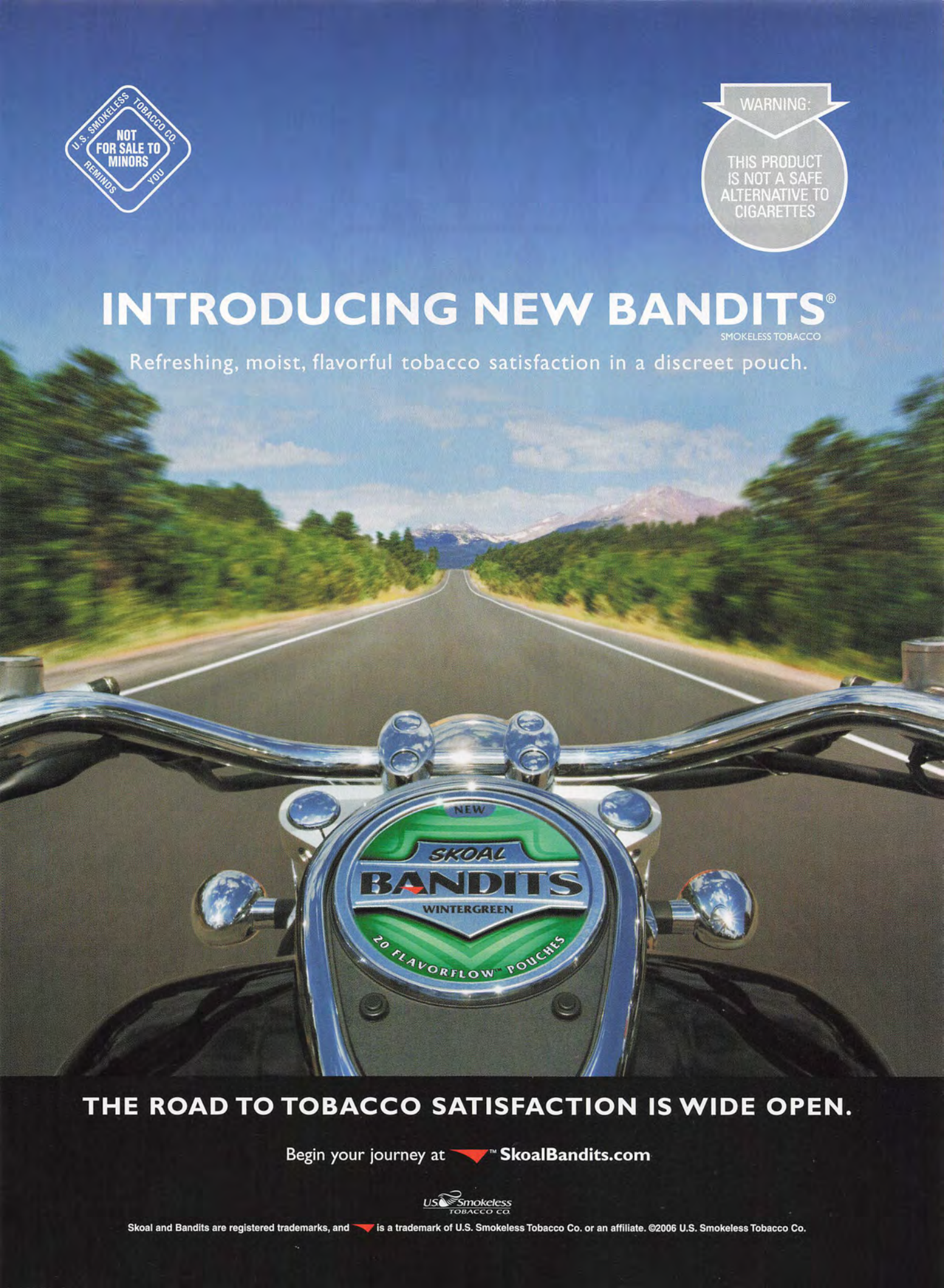
The sum online casino GoldenPalace.com paid for William Shatner's kidney stone January 2006

Weight of the Millennium Falcon set constructed for ***THE EMPIRE STRIKES BACK***

23 tons

14 episodes of a *Spaceballs* animated series were recently ordered by cable network G4 and are set to air in Fall '07. Mel Brooks will voice President Skroob and Yogurt.

TEXT BY KATHARINE CRITCHLOW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JENNA JAMESON

THE QUEEN OF ADULT FILM IN A PHOTO SHOOT YOU WON'T SOON FORGET

PHOTOGRAPHY BY
FRANK W. OCKENFELS 3

STYLING BY LAURI EISENBERG FOR R.J. BENNETT REPRESENTS; HAIR BY JORGE SERRANO FOR CHRIS MCMILLAN SALON; MAKEUP BY SOPHIA FOR DIOR COSMETICS; MODELS: MIKI BLACK, TABITHA TAYLOR, MERIAH NELSON AND CARRIE ANN BECKETT FOR TRASHYGIRLS.COM; OPENING SPREAD: JENNA WEARS BOTTOMS BY BELABUMBUM.COM; NECKLACE BY GEOFFTHOMASDESIGNS.COM; RING BY FABIENNE CHRISTE; OPPOSITE PAGE: EARRINGS BY MICHAEL SPIRITO AVAILABLE AT EXHIBITIONSTNYC.COM; RINGS BY EMITATIONS.COM AND ALEXWOO.COM; MODELS' LINGERIE BY TRASHY.COM; THIS PAGE: BOTTOMS BY AMERICAN APPAREL; STOLE BY FOXUNLIMITED.COM

Maintaining one's composure at the business end of a Rocco Siffredi pile driver takes talent. So does building a multimedia business empire (then selling it for $17.6 million) and writing a tell-all autobiography, only to watch it scale *The New York Times* bestseller list. Jenna Jameson, to our knowledge, is the only person who can single-handedly boast of these three achievements.

It was hot on the heels of the release of *How to Make Love Like a Porn Star: A Cautionary Tale* that Jenna made her *FHM* pictorial debut in our January 2004 issue. She told *FHM*, "I wanted to write the best book possible; it just happened to do well. Now, people take me more seriously. People want to read about sex and somebody's real life." Agreed.

OPPOSITE PAGE: JENNA WEARS TOP AND BOTTOMS BY MYLA.COM; SHRUG BY HELENA STUART FOR ONLYHEARTS.COM; THIS PAGE: BOTTOMS BY AMERICAN APPAREL; EARRINGS BY MICHAEL SPIRITO AVAILABLE AT EXHIBITIONISTNYC.COM

YOU VOTED HER MISS *FHM* 2006. NOW THE ULTIMATE GIRL NEXT DOOR TAKES A FINAL BOW

[redacted]

DIANA CHIAFAIR

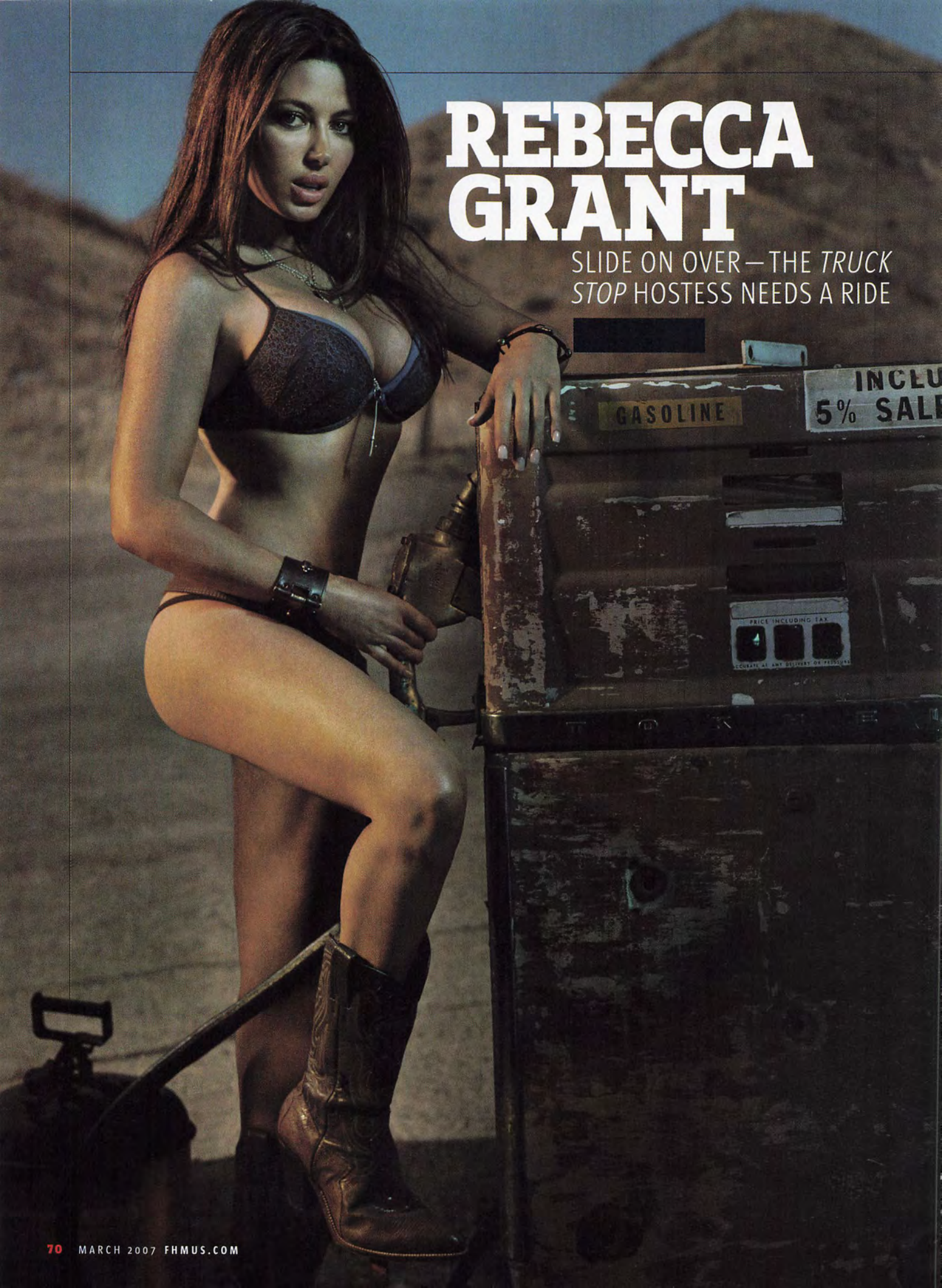
PHOTOGRAPHY BY
PERRY HAGOPIAN

STYLING BY DEBORA FRANCIS; HAIR BY MICHAEL SILVA USING GARNIER FOR AARTISTLOFT.COM; MAKEUP BY MICHELLE COURSEY FOR ARTISTSBYTIMOTHYPRIANO.COM; OPENING SPREAD: TOP, BOTTOMS AND STOCKINGS BY VICTORIA'S SECRET; SHOES BY DOLLHOUSE; EARRINGS AND RING BY ROBINDIRA UNSWORTH AT FRAGMENTS, NYC; OPPOSITE PAGE: TOP AND BOTTOMS BY VICTORIA'S SECRET; EARRINGS AND BRACELET BY ROBINDIRA UNSWORTH AT FRAGMENTS, NYC; BOLERO BY MYLA.COM; THIS PAGE: TOP AND BOTTOMS BY PRINCESSE TAM.TAM AT NAP INC., NYC; EARRINGS BY MAY YEUNG JEWELRY AT MAYYEUNG.COM; RING BY ROBINDIRA UNSWORTH AT FRAGMENTS, NYC

OPPOSITE PAGE: TOP AND BOTTOMS BY JEZEBELUSA.COM; SHOES BY DOLLHOUSE; NECKLACE BY ROBINDIRA UNSWORTH AT FRAGMENTS, NYC; THIS PAGE: TOP AND BOTTOMS BY PRINCESSE TAM.TAM AT NAP INC. NYC; EARRINGS BY MAY YEUNG JEWELRY AT MAYYEUNG.COM; RING BY ROBINDIRA UNSWORTH AT FRAGMENTS, NYC

Never in the history of *FHM* have our readers had it so bad for a girl so good. Diana Chiafair—a 21-year-old pharmaceutical sales representative from Ft. Lauderdale, FL—was crowned Miss *FHM* 2006 after nearly 4 million votes were tallied in our annual NCAA bracket-style Tournament of Beauties.

Earlier this winter Diana told *FHM*, "I still live with my parents, I brush after every meal and I go to church on Sundays. As *FHM* readers found out when I first appeared in the magazine ('My Best Friend!', May 2006), I'm waiting until marriage to have sex." May she reign in our hearts forever.



REBECCA GRANT

SLIDE ON OVER—THE *TRUCK STOP* HOSTESS NEEDS A RIDE

PHOTOGRAPHY BY
PATRICK HOELCK

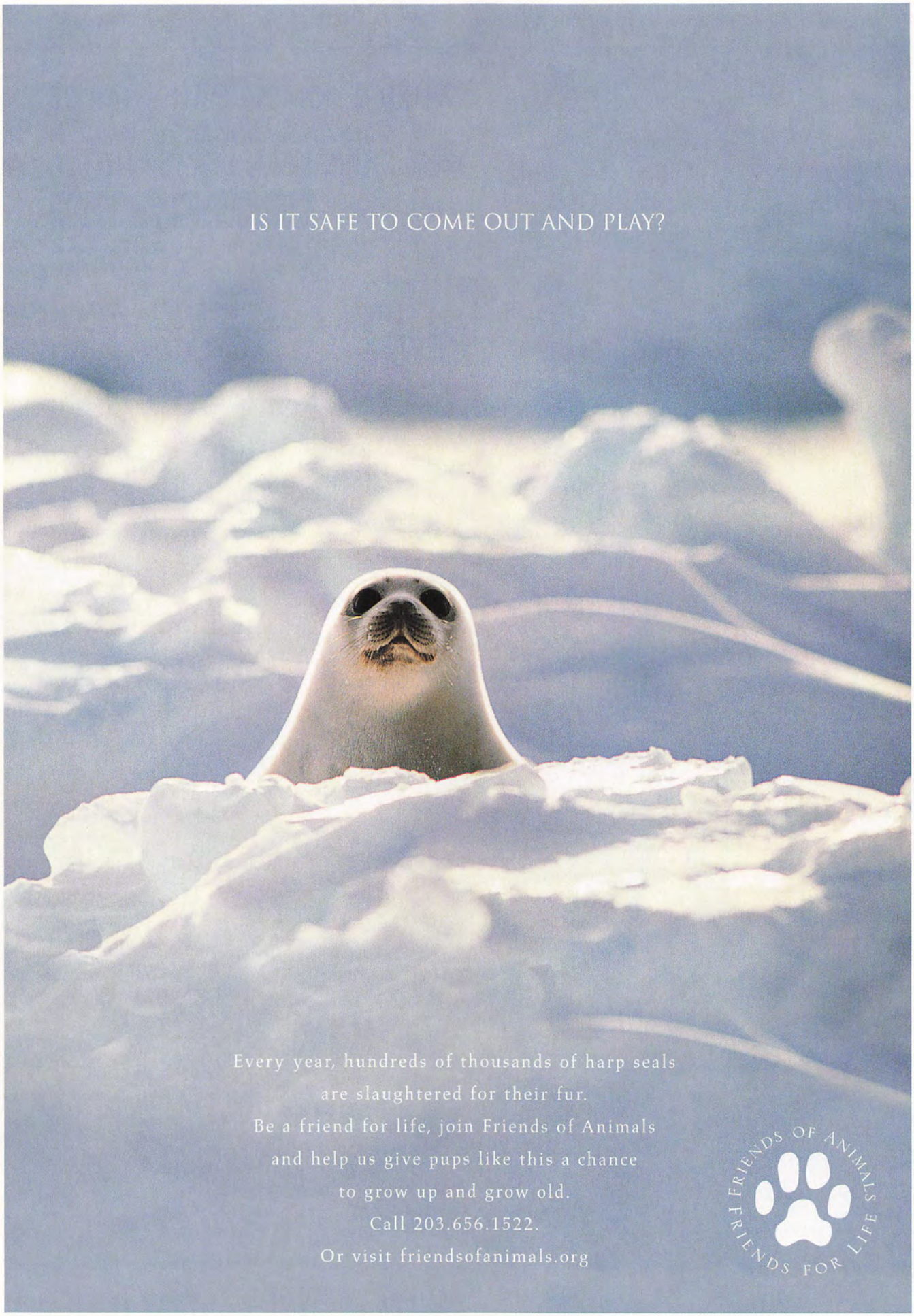
STYLING BY ANGELA AARON FOR THEREXAGENCY.COM; HAIR AND MAKEUP BY GLENN NUTLEY USING KERASTASE AND STILA FOR EXCLUSIVE ARTISTS; SHOT ON LOCATION AT RENE VELUZAT'S BLUE CLOUD RANCH; OPPOSITE PAGE: TOP AND BOTTOMS BY INTIMISSIMI; BELT BY FNA AT EM & CO.; NECKLACES BY MARIA MARS; CUFFS BY COCO DE MER LOS ANGELES; THIS PAGE: BOTTOMS BY INTIMISSIMI; BELT BY FNA; NECKLACE BY MARIA MARS; EARRINGS BY KENNETH COLE

Coke
Coke
Coca-Cola

Having made her *FHM* debut in the September 2001 edition, Rebecca Grant returns to the magazine—and your television. In addition to this exclusive pictorial feature, you can see more of this Western New Yorker on ESPN2's *Truck Stop*, a show that helps men customize beefier rides. But does she know her way around under the hood?

"I'm knowledgeable around the garage, but I'd rather pull out the credit card," Rebecca told *FHM*. "That or I use the charm of my alter ego, Becca. She's fun, flirty and sexy—and I can turn her on and off. Trust me, things get done."

OPPOSITE PAGE: TOP BY FNA AT EM & CO.; BOTTOMS BY JEZEBEL; JEWELRY BY KENNETH COLE; SHOES BY VIA SPIGA BOUTIQUE; THIS PAGE: TOP BY PLEASURE STATE AT VICTORIA'S SECRET; BOTTOMS BY INTIMISSIMI AT VICTORIA'S SECRET; JEWELRY BY KENNETH COLE; FOLLOWING PAGE: TOP AND BOTTOMS BY ROSANNA SALONI; BRACELET BY MARIA MARS; SHOES BY VIA SPIGA BOUTIQUE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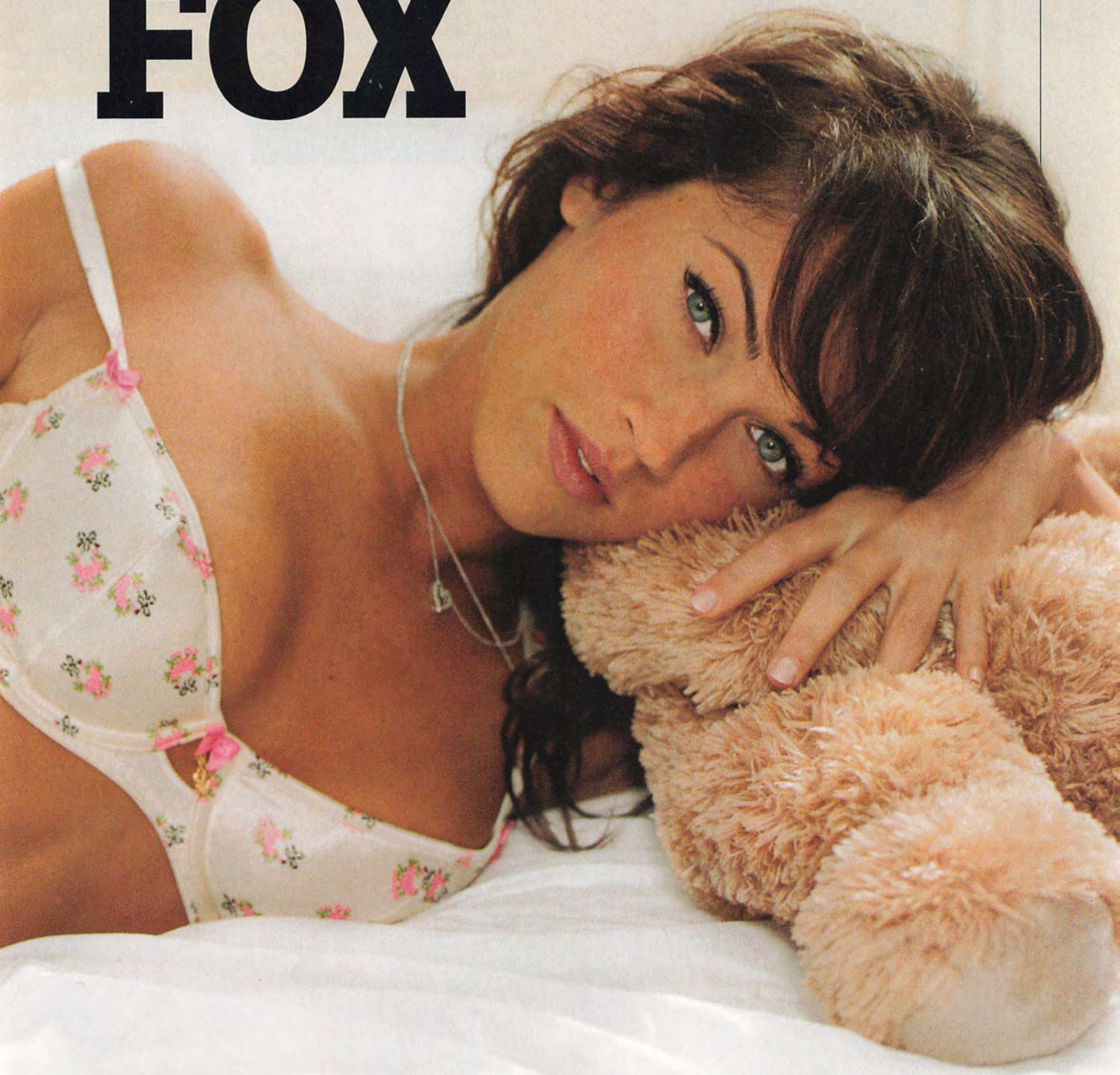
WHEN IT COMES TO THE STAR OF *TRANSFORMERS*, THERE'S MORE THAN MEETS THE EYE

[redacted]

PHOTOGRAPHY BY STEVEN WHITE

MEGAN FOX



Good news, toy-collecting nerds: Megan Fox—formerly of the ABC sitcom *Hope & Faith* and star of *FHM*'s November 2005 issue—is set to star in *Transformers*, this coming summer's hottest action film featuring robotic cars that talk. Not that you'd lend your ride to this 20-year-old.

"Once, my ex and I were bored and driving through Beverly Hills," she told *FHM*. "We thought it was bullshit that all these spoiled people had other people taking out their trash, so we were plowing down the street, knocking over trash cans. I hit one that was full of giant tree branches and it left a huge dent."

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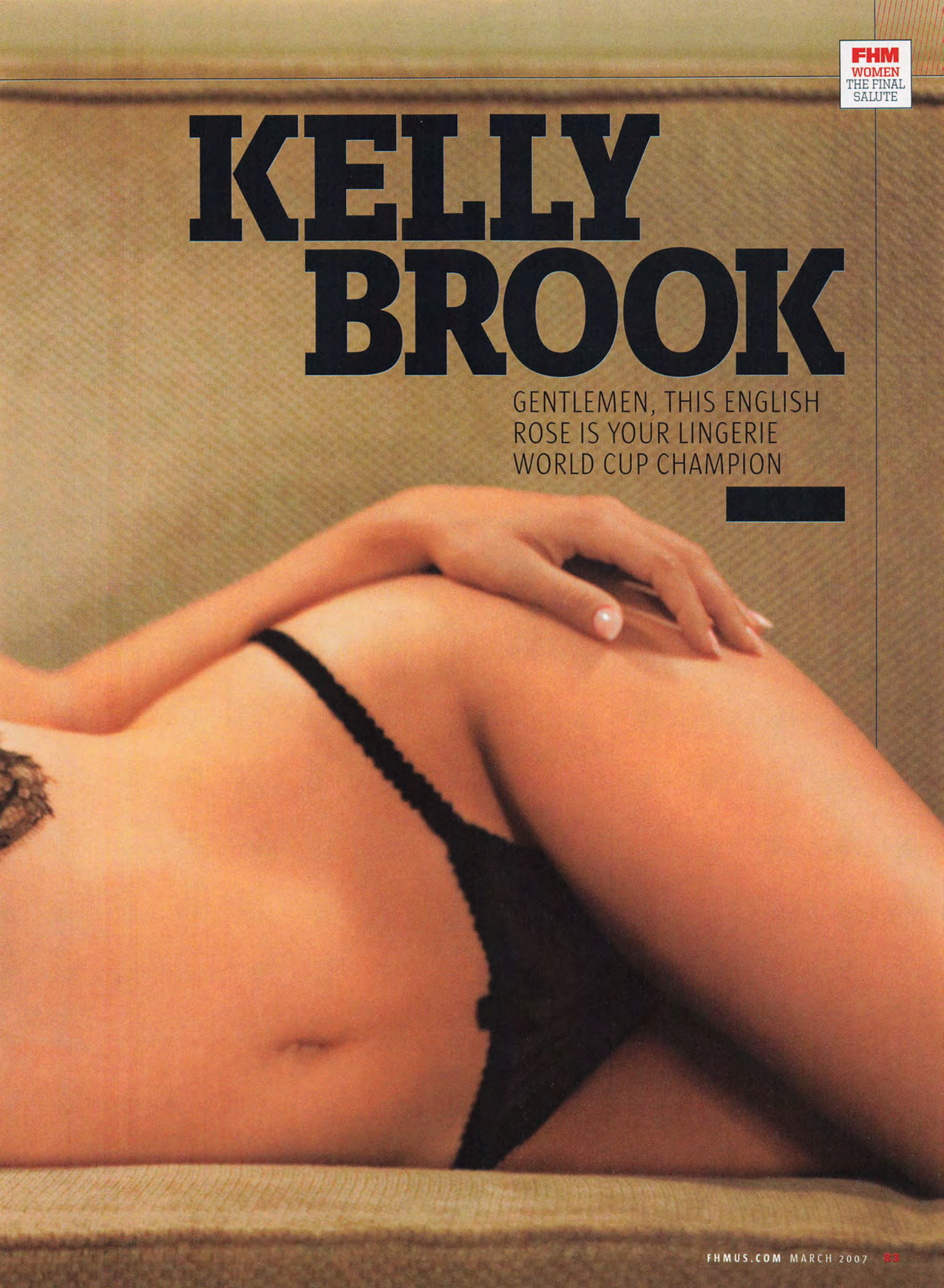
KELLY BROOK

GENTLEMEN, THIS ENGLISH ROSE IS YOUR LINGERIE WORLD CUP CHAMPION



Keen lady-spotters will know that Kelly Brook's appearance in *FHM*'s December 2006 Lingerie World Cup supplement was not her first in the magazine. In addition to twice appearing on the cover of *FHM*'s British edition, Kelly previously appeared here in April 2002 in support of her role on *Smallville*. Now, after beating out 31 other competitors in an online poll at FHMUS.com, Kelly can add the title of *FHM* Lingerie World Cup champion to her resume. Not that she has always appreciated her hotness.

"When I was younger, I didn't want to be labeled 'sexy,'" she said. "But now I like it."

ALAN STRUTT/CELEBRITY PICTURES LA

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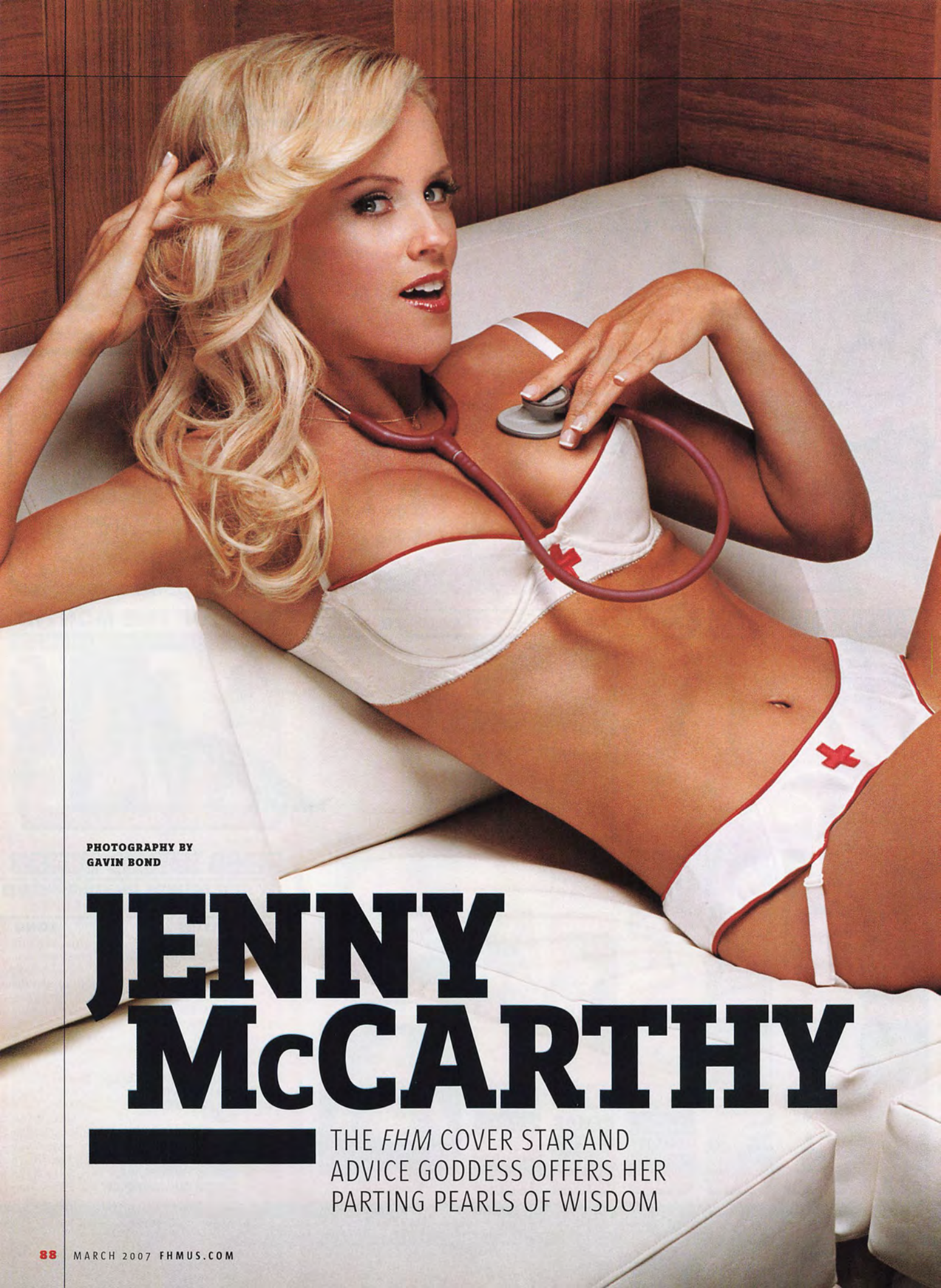

PHOTOGRAPHY BY
GAVIN BOND

JENNY McCARTHY

THE *FHM* COVER STAR AND ADVICE GODDESS OFFERS HER PARTING PEARLS OF WISDOM

Role-playing invigorates!

"If your woman has her eyes closed and her head turned during sex, you're in serious trouble. She's dialing through her Rolodex of fantasies looking for another man to take your place. Women need a mental kick to get off, so try role-playing. Trust me, your woman is dirtier than you give her credit for. She wants to play Catholic schoolgirl or nurse for you, so encourage her. Just leave the role-playing to her—no woman wants to see her man in costume."

Kiss your lady!

"Boys, if you take one thing from my *FHM* advice column, make it this: Kiss often, kiss longer and kiss better. Couples stop making out, even when they're having sex. It's a shame because women love kissing. Make out when you're watching TV. Make out when you wake up. Make out at red lights and don't stop until you hear the honking of pissed-off drivers behind you. Always kiss slowly—if you think you're kissing her too fast, you are. For women, the best kisses feel like being screwed slowly."

Open your heart!

"The way to a woman's heart, boys, is by opening up yours. Unexpected flowers are always good. Make a CD compilation and put it in her car. Take a shower with her and slow dance—don't try poking her, leave it at dancing. Write handwritten love letters. If you suck at expressing yourself, try writing about something that you shared together: 'Remember when we slow danced in the shower?' That shows you care." **FHM**

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7	Dance Dance, Fall Out Boy	FR52405
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19	Sexy love, Ne-Yo	FR55636
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ALL NEW NASCAR

PHOTOGRAPHY BY
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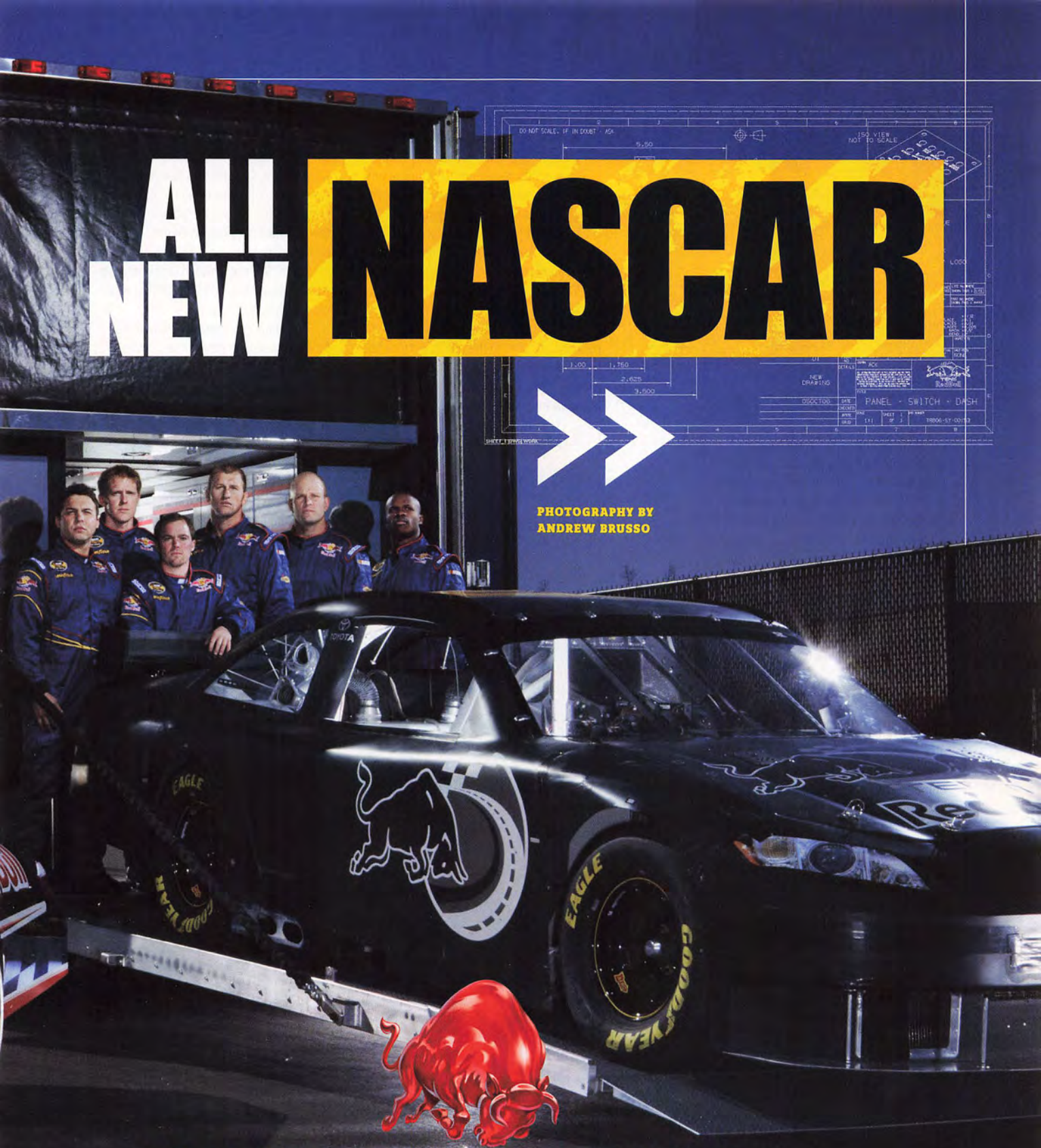
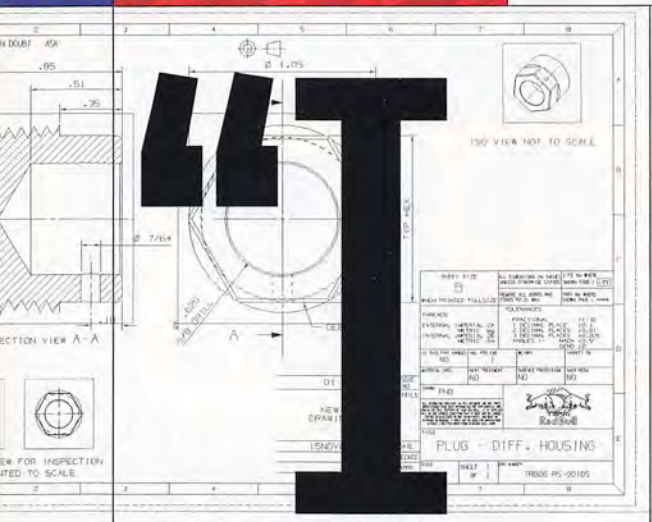


THIS YEAR, NASCAR'S GOING TO GET SHAKEN. AND IT'S TEAM RED BULL LEADING THE CHARGE FOR CHANGE



"This is my money pit," Mike Good says while standing over a precise 26-by 16-foot hole cut into the floor of one of Team Red Bull's garages. The hole originally plunged 14-and-a-half feet deep into the ground, but it has since been partially filled with 6 feet—roughly 287 tons—of concrete. On top of the concrete will go a 10-inch-thick steel plate broken into four sections, each of which weighs 7,600 pounds. Chuck in some vibration padding and Team Red Bull, which is preparing for its first year as a NASCAR team owner, will have a stable enough base to support their new seven-post system—a simulator that can tilt and jostle an attached racecar in such a way as to precisely replicate every dip, bank and bump of every NASCAR track. Strap on a car, and the team can test all its shock and spring setups without ever having to leave the garage.

Total cost of the simulator: somewhere north of $1.5 million.

And that's for just one 416-square-foot patch of Red Bull's 46,000-square-foot racing facility. One room over, the team plans to install a weather simulator that would let them test engines in the exact heat and humidity that are currently being experienced at a track.

"This facility used to be owned by Penske," says Good, who became employee No. 2 for Team Red Bull last January when he was hired to oversee the conversion of the then-abandoned Penske shop into a state-of-the-art facility for the Bull. "We completely gutted the main building and started over."

It's not just Team Red Bull's garage complex that's being overhauled—NASCAR itself will undergo more changes this season than perhaps any other time in its 59-year history. And Red Bull is riding shotgun on many of the alterations. As the 2007 season approaches, here's what's racing forward:

A CAR WITH ONLY ONE SPONSOR

Traditionally, a NASCAR team owner finances its operations by selling sponsorships to the cars. A primary sponsor on a popular car—such as Budweiser on Dale Earnhardt Jr.'s No. 8 Chevy or Home Depot on Tony Stewart's No. 20 Chevy—ponies up somewhere in the neighborhood of $20 million per year. And then there are all of the associate sponsors who slap smaller decals onto the car and add millions more to the team's bottom line.

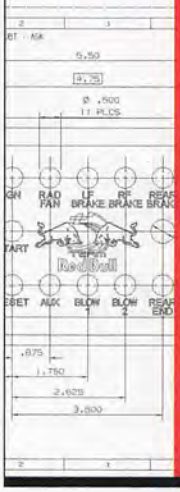
Red Bull is goring that model. They won't talk specific numbers, but in what must be an extremely expensive proposition, the company is acting as both team owner *and* sponsor—a NASCAR first. Oh, and they're fielding two cars, so they're picking up the tab for both rides. "This is the philosophy of the company," says Marty Gaunt, Team Red Bull employee No. 1 and general manager. "We say, 'Instead of just being a part of something, let's own it.' That way we can control our destiny."

The ownership model could help Red Bull out-maneuver other teams. "When other team owners want to make a decision, they have to go to the sponsor and say, 'We want to do this, and by the way it costs this much money,'" Gaunt explains. "The sponsor has to approve it and that could take months. For us, it's just a matter of making a phone call."

So when NASCAR's billboards-on-wheels roll into Daytona February 18 for the first Nextel Cup race of the 2007 season, the Red Bull cars will stand out visually as the only ones not plastered with countless sponsors. The only logo on their sides will be the Bull.

"I don't know how NASCAR drivers remember all their sponsors," says AJ Allmendinger, who ditched Champ Car racing to pilot one of Red Bull's Nextel Cup cars. "Drivers must have to look at the side of their car all the time. It's easy for us because we just have to say, 'Red Bull.'"

Q & A



RIDING THE BULL

Red Bull's wheelmen on flipping the bird and why size matters

Brian, your last sponsor was GMAC. Red Bull must be a touch different.

Brian Vickers (above left) GMAC was always good to me, but they were very corporate and PC. Red Bull is completely the opposite. When I joined the team, I asked, "Do you have a shirt you want me to wear for the announcement?" They were like, "Not really. Do you like what you have on?" I was wearing some T-shirt I'd gotten at Urban Outfitters that had a sketch of a chick, a racecar and a jet on it. I was like, "Yeah, I guess." They were like, "It's good by us."

As teammates, you guys are essentially mandated best friends now. But when do the gloves come off on the track?

AJ Allmendinger (above right) Ultimately you're racing for yourself, but you do want to help each other. Ideally, you want to be racing for first and second. You don't want to be racing for 30th and 31st. If that happens, you come off the track and say, "Well, I beat my teammate, but we're both about to be fired."

When you pass one another on the track, will you be flipping each other off?

Vickers AJ and I have never been on the track together, but Jeff Gordon and I flipped each other off a lot. It was nothing to see a finger come out of Jeff's car. It's a shame that occasionally gets on TV and guys get in trouble. In all honesty, it's your only form of communication when you're on the racetrack.

Allmendinger My problem is I'm so small, I can't get my hand out the window net. I'm going to have to adjust the seats.

At races, your cars will have the same paint schemes. Is that like girls who show up to prom wearing the same dress?

Vickers For women it probably would be. But if you're a man, I guess you should get over it.

Allmendinger I didn't even go to prom. I skipped it; I had a race.

Team Red Bull is painting both of their cars with the same exact design—all that differentiates them is the number on the side

The two Team Red Bull cars will even be painted exactly the same, except for the number on their door. That idea isn't actually new—it's just new to NASCAR. The practice is common in Formula 1 racing, where Red Bull owns two teams. And they're betting their F1 experience will convert into eventual NASCAR glory.

"It's not inexpensive to go Cup racing, but it is an investment," Gaunt says. "Is it about marketing? You'd be crazy to say it's not. But the ultimate goal is to win races. If we win races, that will sell Red Bull."

TOYOTA HITS THE TRACK

After years of bitch-slapping American car manufacturers up and down the sales lot, Toyota is getting the chance to do it on America's premier racing circuit as well. This year, three teams—Red Bull, Michael Waltrip Racing and Bill Davis Racing—will cruise the ovals in Camrys.

Red Bull's Car of Tomorrow test vehicle

Toyota isn't totally new to NASCAR; they began rolling in the Craftsman Truck Series in 2004. To turbo-charge their performance, Toyota fabricated all the engines and trucks for their teams, rather than having the individual teams do the labor. That strategy pooled everyone's knowledge and resources. Their first year, Toyota trucks had a mere four wins, placing them third among manufacturers. Last season, they bagged 12 checkered flags, to snag the title of top manufacturer in the series.

The company hopes to race a similar line with their Cup teams. Although the owners will assemble their own cars, Toyota is cranking out engines for both Team Red Bull and Michael Waltrip Racing. (Plus, Bill Davis is sharing data from his engine shop.) Meanwhile, all three teams are also comparing notes on how best to hang their car bodies. "To help us get a jump-start on the season we laid out this plan to share information," Gaunt says. "I hope the sharing continues after the season starts, but we'll wait and see. This is racing and the closer we get to Daytona, the tighter everyone is going to be with their information. It's a great plan on paper, but it could start to fall apart."

THE CAR OF TOMORROW

To screw with the teams even more, NASCAR has decided to replace the current Cup cars with an overhauled ride designed to improve driver safety and theoretically increase competition. The new whip, dubbed the Car of Tomorrow, contains such features as a larger roll cage, modified air intake, a more centered driver's seat and a wing in place of the spoiler.

rollout will also allow time to address some still-irritating engineering issues.

"From the beginning of testing, the car was bad around other cars," Vickers says. "It's so boxy, it punches a big hole in the air. That creates a lot of wake, which affects the people behind you. When you got close to somebody, it was harder to drive. You couldn't catch anybody. Still, NASCAR will get it right eventually."

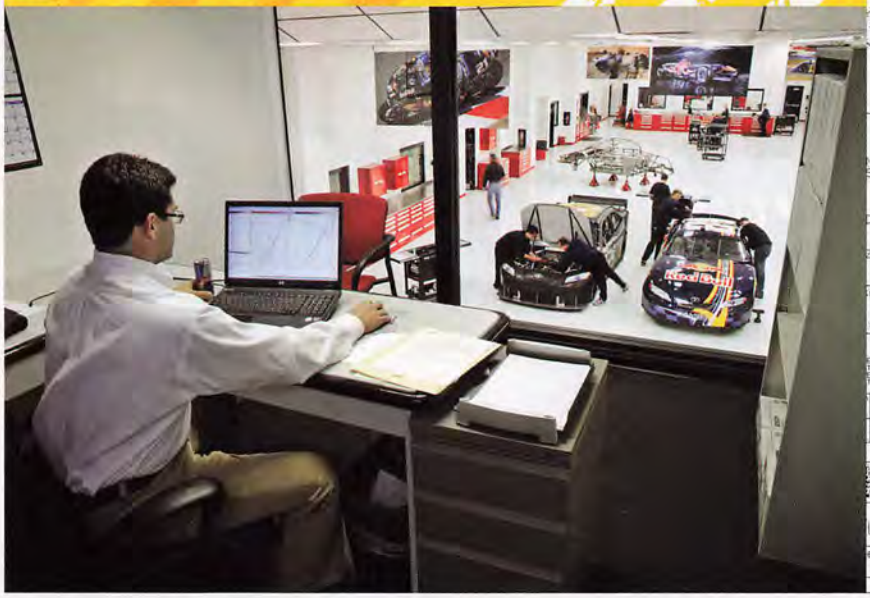
But the Toyota crew could benefit from the fact that everyone's likely to initially stall with the Car-O-Tomorrow. "As far as the setup, everyone's going to have to start over," Vickers says. "I think it's going to be an even playing field for some of the new teams. So that's a positive for us."

'OUR GOAL THIS YEAR IS JUST TO QUALIFY FOR EVERY RACE. WE DON'T EVEN TALK ABOUT WINNING'

"The majority of talk in the garage is one of concern," says Team Red Bull driver Brian Vickers, who tested the car extensively while still with his old team, Hendrick Motorsports. "Obviously, one concern is cost—throwing away everything we have and going to all new cars will be astronomically expensive." To get owners to quit their crying, NASCAR will phase the cars in over three years. This year, only 16 races will feature the Car of Tomorrow, so teams don't have to shitcan their entire fleet at once. The slow

Not that the team is even expecting to take any checkered flags in '07. "Our goal this year is just to qualify for every race," Gaunt says. "We don't even talk about winning. We're a new team with a new manufacturer and one rookie driver. We're fooling ourselves if we say it's time to win." That conversation comes later. "In three years we hope to win some races," Marty says. "Then in five years, we want to run for a championship." **FHM**

Team Red Bull has introduced a new financing strategy to NASCAR: They don't just sponsor the team, they *own* it



To speed the success of the new Toyota cars, Red Bull shares fabrication information with the other Toyota teams

Probably not. But to find out for sure, hand this survey to a woman after she's had sex with you for the first time

PHOTOGRAPHY BY LUCIANA PAMPALONE

Dear female: You have just had sex with me. Was it a disappointing experience?

- A) No +10
- B) Yes -10

During foreplay, which of the following breast-stimulation techniques did I employ?

- A) The Tune in Tokyo -5
- B) The Kneading Dough -5
- C) The Soft Caress +5
- D) The Thirsty Puppy -5

You realized I was interested in having sexual intercourse with you when I . . .

- A) Poured you a glass of wine and dimmed the lights +5
- B) Came out of the bathroom naked -10
- C) Put on porn "by mistake" -10
- D) Announced, "It's not going to suck itself" -15

When I first moved my hand downtown, you thought:

- A) "Don't stop" +10
- B) "Please stop" -10

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Seeing me naked for the first time made you . . .

- A) Hot with anticipation +5
- B) Jealous of my boobs -10
- C) Ask whether you could braid my back hair -5
- D) Wish you had a smaller vagina -5

When you were kind enough to give me oral attention, I . . .

- A) Made sure to return the favor later in the evening +10
- B) Grabbed your ears as if I was hoisting the Stanley Cup -5
- C) Repeatedly shouted directions at you -5
- D) Purposefully misled you about the timing of my climax -5

I treated your clitoris like it was a:

- A) Spittoon -10
- B) Speed bag -10
- C) Delicate mandolin +10
- D) Paper triangle football -15

Which word best describes my penis?

- A) Punishing -5
- B) Nice +5
- C) Disappointing -10
- D) Weird -15

In my mind, the sex lasted for hours. In reality, it took up:

How many orgasms did you have?

- A) Multiple +15
- B) One +5
- C) Zero -5
- D) One—in the bathroom afterward -10

I ejaculated . . .

- A) In the condom +15
- B) In my pants -10
- C) On the curtains -15

Over the course of the night, the most inappropriate thing I tried to use on you was . . .

- A) A cheesy pickup line +5
- B) A vibrator -5
- C) The shocker -10
- D) The sleeper hold -25

Did I say anything embarrassing at the point of orgasm?

- A) No +5
- A) Yes, and here it is (please spell below phonetically) -5

During our five minutes or less of intercourse, how many positions did I bust out?

- A) 1 0
- B) 2 or 3 +5
- C) 4 to 6 -10
- D) 7 or more -15

You cried during intercourse. Why?

- A) I was crushing you -5
- B) I was pulling your hair -5
- C) It was just that big +10
- D) It wasn't tears—it was my sweat that had fallen onto your face -10

Immediately after finishing our act of lovemaking, I . . .

- A) Tried to high-five you -10
- B) Fell asleep on the wet spot -5
- C) Cuddled you attentively +5
- D) Turned the TV back on -5

What best describes the view you had when you woke up?

- A) A sleeping Adonis +5
- B) A puddle of drool -5
- C) My *Star Wars* bedsheets -10
- D) My roommate sneaking out from his hiding place in the closet -5

HOW DID YOU SCORE?

-50 and below
Your penis is wasted on you. Give it to a friend.

-50 to 0
Thank you for not raising the bar of what women expect from the rest of the male gender.

Any positive number
Don't get too excited. The woman probably lied on the survey so you wouldn't feel bad. **FHM**

TO E-MAIL THIS QUIZ TO A RECENT CONQUEST, VISIT FHMUS.com/Goodinbed

HOW DO FAST-FOOD CHAINS CREATE NEW MENU ITEMS? TACO BELL REVEALS THEIR SECRET PROCESS

PHOTOGRAPHY BY GORMANPHOTO.COM

INSIDE THE BELL

NUMBERS BEFORE NACHOS

Before there is a new menu item there is research. Lots of research

Taco Bell knows more about what you like to order than you do. "We chart everything on our menu and the jobs all those products do for our guests," says Loren Druz, a senior director of food-and-operations innovations at the Bell. "We see what their need states are at different times of the day versus what we have on our menu, and then we try to fill in the gaps."

Take, for example, the newest menu addition: the steak taquito. It was created with specific goals. "The steak appeals to our male, heavy fast-food user," explains the taquitos project manager, Allison Lucas. "That user probably doesn't live the 9-to-5 lifestyle, so the taquitos skew late-night. They're not a big gut bomb, but they are a great snack. And they're a great add-on to a typical order—so you might order a couple of smaller burritos and add on a taquito."

"Dipping has been a big trend for about the last six years"

Reams of focus-group data, test-market results and industry trend information also get folded into the creation process. "We've known that dipping has been a big trend for about the last six years," Druz says. "Go to the casual, mid-scale restaurants and you'll see that people love to dip all the appetizers. So we said, 'OK, we need something that lets people indulge in that behavior.'" And that's why taquitos come with tubs of sour cream, salsa or guac—it gives guys something to dip their meat into.

INVENT A NEW TACO

Doing a task that used to require the entire country of Mexico

Sadly, the Taco Bell test kitchen is not a Wonka-esque playland with chalupa trees and a refried-bean waterfall. In fact, the test kitchens look similar to the prep lines at real Taco Bells, which allows the staff to recreate franchise conditions.

But the Salsa Wonkas don't even start chopping chipotle until they've received a memo from the marketing folk detailing precisely what niche a new item should service. Then the team brainstorms about 100 different products—be they various forms of old standbys like burritos or some new Mexican-inspired creation like the Crunchwrap Supreme.

In fact, the Crunchwrap, which is basically a beef tostada folded up in a tortilla shell and then grilled to hold everything together, is the most successful product to ever thunder from the test kitchen. The idea for the Crunchwrap, however, had actually been sitting around The Bell for a decade before getting the green light.

"My ideas get rejected a lot because they're kind of far-out," says Crunchwrap creator Lois Carson. Back in the day, Taco Bell franchises didn't have grills, so the Crunchwrap's hexagon fold was originally held together by melted cheese. That didn't work so well. Almost a decade later, Carson revived the idea—and added the grilling.

At that point, the Crunchwrap moved to the in-house facility where technicians run taco taste tests. The tests not only help the Bell figure out which of its most promising items to pursue, but also the tastiest way to make the product—statistically speaking. "We take variations of the menu-item builds—you might have a different sauce or meat or it's grilled or not grilled—and through testing they can say these aspects of this build, this build and this build come together to make your ideal build," Carson says.

Taco Bell went on to sell 57 million Crunchwraps when it launched in 2005, so that ideal build worked pretty well.

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SHIFT_2.0

HOW TO NAME FOOD

Titles like the Bell Beefer don't just dream up themselves

Taco Bell's original in-house name for the Crunchwrap Supreme was "Origami Tostada." Clearly, something better was needed. When deciding what to call their latest Mexican-ish creations, the Bell uses all sorts of methods—internal discussions, naming companies and even brainstorming groups with consumers. Then the best names get tested to see which ones both resonate with customers and best describe the product. One awesome front-runner for the eventual Crunchwrap: The Mexigon. Tragically, that didn't make the final cut.

"It came down to Crunchwrap and Crunchwich," says brand marketing director Nancy Argent. "But the 'wich' didn't fit our brand. Consumers don't come to us for a sandwich."

A different version of the name game took place with the creation of Mountain Dew's Baja Blast, a soda sold only at Taco Bell. The flavor was created to increase Taco Bell's beverage sales, which lag other fast-food franchises. That's partially because tacos aren't very portable—scarf one while driving and you end up with beef in your lap. So people tend to eat T-Bell at home, where they often already have a drink, rather than in their car, where they don't.

The Bell teamed up with Mountain Dew to create the new soda. "It was kind of strange," explains Will Minton, who headed up the Baja Blast launch for the Bell. "You'd think that you'd start by coming up with different flavors. But when you're selling sugar and water and bubbles, you have to do a lot of marketing, so instead they start with the emotional piece: the concept." That is to say, before a soda flavor was ever mixed, the companies tested out names for the soda—things like Mountain Dew Velocity or Mountain Dew Midnight—and figured out which name consumers liked best. Baja Blast, with its Mexican connotations, won. "They wanted the idea to be identified first," Minton says. "They figure they can make the flavor a bunch of different things."

THE FINAL TEST

By the time they go national, menu items have undergone more testing than Tommy Lee

Out of every 100 new menu items cooked up in the test kitchen, only one will end up cramming customer guts. The best 12 to 15 ideas of the initial brainstorm get taste-tested at the in-house lab. From there, three or four win in-store testing at a few franchises. Finally, there's a full-on market test, where three big cities carry the product for six weeks, complete with TV ads.

Even before the Crunchwrap's test-market, the Taco Bell suits had predicted success because the tortilla so neatly wrapped up all the ingredients. "We realized, 'Oh my god, the Crunchwrap solves our big portability problem,'" Argent says. "It makes the classic Taco Bell taste portable." That really helps when 70 percent of your business motors through the drive thru.

Still, the results were staggering. In the test markets, 29 percent of items sold were Crunchwraps—that's nearly one out of every three. Simliar launches were often closer to one out of every 10. "The first day we looked at the numbers and were like, 'They must be running out of tostada shells,'" Argent recalls. "Sure enough, we had to move tostada shells around the country." Identifying such problems as these is the reason you test-market.

Gawking at the test-market data, the Bell didn't even wait for the Crunchwrap to roll out nationally—they immediately began planning product extensions like last year's Spicy Chicken Crunchwrap. "With results like this, we get really excited and say, 'OK, what did we learn here and how are we going to apply it to other products?'" Argent says. "We're always looking for something bigger and better." **FHM**

FOOD STYLIST: ALFA SEVERINO; COSTUME: DOMENICA D'AGOSTINO

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FAST FOOD GENIUS

FORGET THE BRAINIACS WHO MASTERED FLIGHT OR SPLIT THE ATOM. REVERE THE MEN BEHIND HISTORY'S GREATEST FAST FOOD INNOVATIONS

BY MARK YARM

10

KFC chicken

Back in 1939, Colonel Harland Sanders created the very possibility of a fast food chicken chain by buying a new contraption called a pressure cooker. Pre-cooker, it took the Colonel half-an-hour to fry a bird. Post-cooker it was down to a slim nine minutes—which let him feed customers quickly while still keeping the chicken as moist as the sweat stains on his stifling white suit.

9

Nathan's Famous hot dogs

Devoted meat historians know Charles Feltman created the hot dog when he plopped a sausage in a bun back in 1867 in Coney Island, NY. So why haven't more people heard of this hot dog hero? Because one of his pissant employees, Nathan Handwerker, stole his idea and opened a cut-rate stand a few blocks away. That restaurant? Nathan's Famous Hot Dogs.

8

McDonald's Chicken McNuggets

In 1979, Rene Arend, a gourmet chef from Europe, was tasked with formulating an on-the-go poultry snack for Mickey D's. With a crew dubbed the Chicken McNugget SWAT Team, Arend fried up chicken chunks created by a hamburger patty machine jerry-rigged to dice flightless fowl. The creation was an instant hit and rendered forgotten the McDonald's menu item Arend had previously been working to create—Onion Nuggets.

7

In-N-Out Burger drive-thru

Drive-thrus existed before Harry Snyder created In-N-Out Burger in 1948, but they were pathetic, forcing drivers to get out of their car and walk up to the window. Realizing there should be absolutely no energy spent ordering fast food, Snyder installed a two-way speaker box at his first franchise in Baldwin Park, CA, thus allowing drivers to stuff their face without ever having to remove ass from seat.

6 Dairy Queen soft-serve ice cream

J.F. "Grandpa" McCullough and his son Alex were running an ice-cream supply business in the early '30s when they realized their cold cream tasted better soft than when it had been frozen hard. The pair then converted a frozen custard machine into the world's first soft-serve ice-cream dispenser and opened Dairy Queen, which served a dairy sludge the shape and consistency of doggie poo. And Americans have loved it ever since.

4 Big Boy burgers

One night in February 1937 at Bob's Pantry in Glendale, CA, owner Bob Wian shoved two beef patties between three slices of a sesame seed bun. The resulting creation went on to usher in the era of oversized burgers like the Big Mac and Whopper. Wian tried to name the burger—and the chain it would spawn—after a chubby kid at his restaurant nicknamed Fat Boy. But that name was already trademarked. So he went with Big Boy instead.

2 Taco Bell hard shell tacos

Pre-1951, there were no hard shell tacos. All tacos had soft shells, although some were stuffed with meat, and then fried to create a crispy covering. San Bernardino, CA's, Glen Bell decided to fry the shells *before* they were stuffed, inventing the hard-shell taco and soon creating a franchise that would bear his last name: Taco Bell.

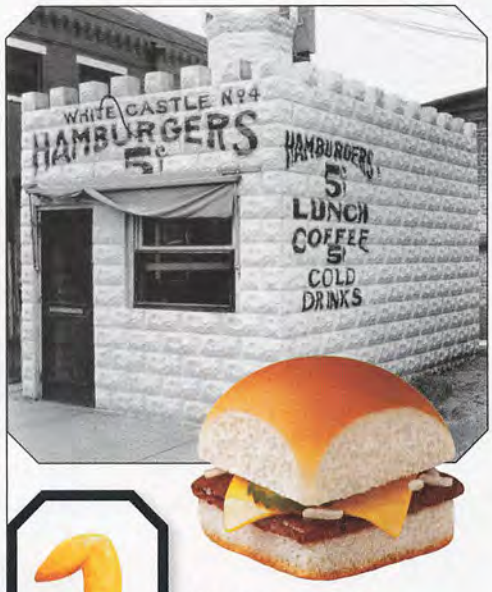
5 McDonald's French fries

It was McDonald's Corp. founder Ray Kroc who realized back in 1955 that the French fries his restaurants served in Illinois were mushier than the ones from Cali—and it all had to do with air humidity and spud density. So he dispatched a band of McDonald's henchmen to test the potatoes at all of his suppliers and dry out any moist spuds. And thus he delivered on one of fast food's greatest promises—that the food will taste exactly the same no matter what Podunk town you buy it in.

3 McDonald's Egg McMuffins

Herb Peterson was an advertising Einstein of the '60s who helped create Ronald McDonald's costume. Then in 1968, he ditched ads to open a Mickey D's franchise—and quickly realized he could make some extra bank if he served breakfast. Peterson spent months in a McLab dreaming up the first Egg McMuffin, which he showed to McDonald's head Ray Kroc. The rest is McHistory. But there is one lesser-known McFact: Kroc never paid Peterson a dime for his invention, leaving the franchise owner completely McScrewed.

1 White Castle sliders



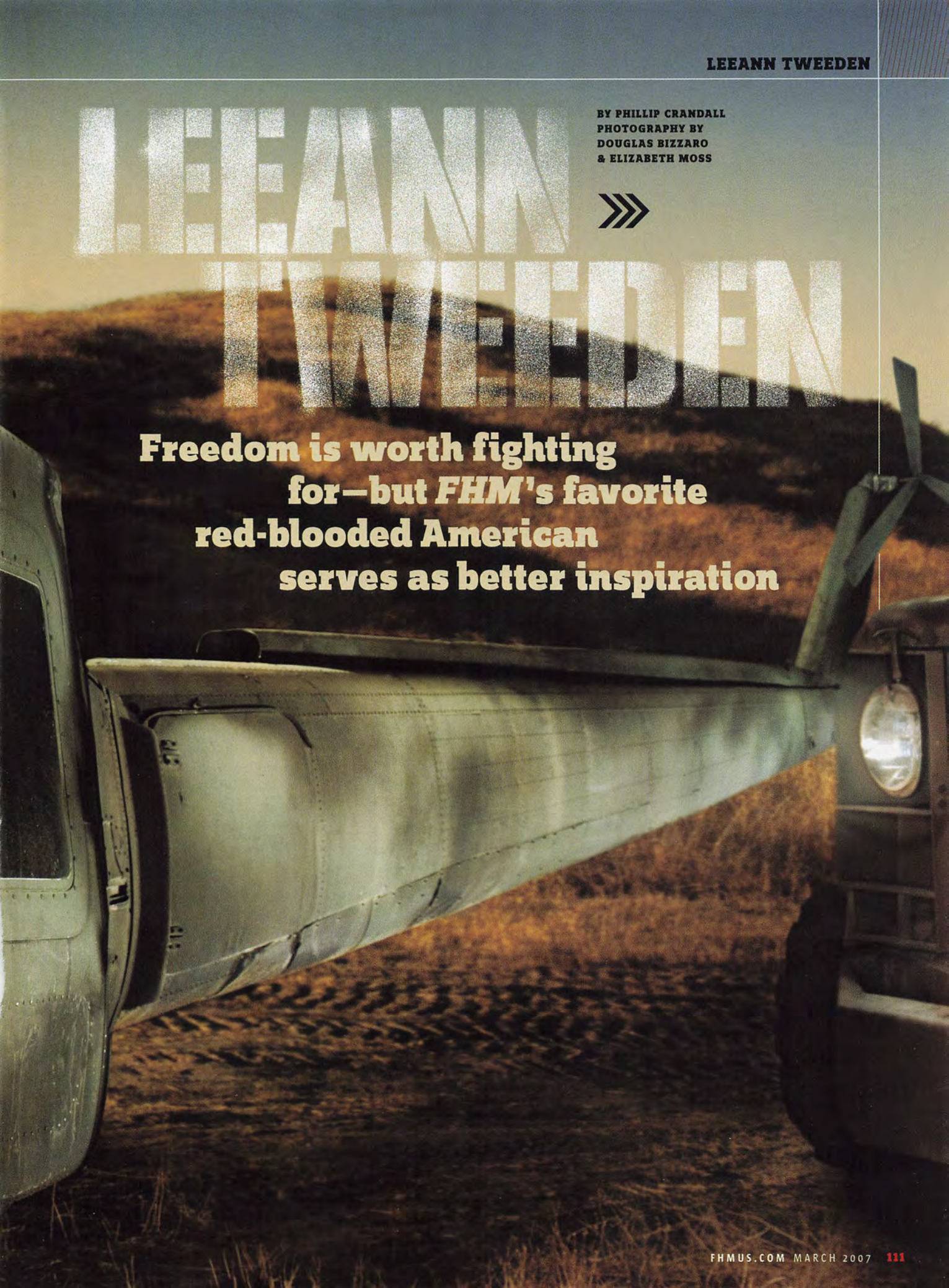
In 1916, the only restaurants that existed were either diners or swanky eateries. Then J. Walter Anderson opened a burger stand in Wichita, KS. He was the first man to slap a beef patty between buns instead of bread slices and—by making his patties thin, quick-searing squares—he belly bombed previous burger cooking times. Just like that, fast food was born, and White Castle became history's first hamburger chain.

FRENCH FRIES ILLUSTRATION BY ANDY PARKER; MCDONALD'S COUNTER: AP PHOTOS; RAY KROC: AP/JOHN HAYES; BIG BOY SIGNAGE: AP PHOTOS

LEEANN TWEEDEN

BY PHILLIP CRANDALL
PHOTOGRAPHY BY
DOUGLAS BIZZARO
& ELIZABETH MOSS

Freedom is worth fighting for—but *FHM*'s favorite red-blooded American serves as better inspiration



In the seven years since *FHM* began publishing in the United States, no group of readers has consumed the magazine more passionately than the servicemen of the U.S. armed forces. Meanwhile, no woman has been more passionate in her support of our country's military than 33-year-old stunner Leeann Tweeden.

"If it weren't for those men and women, there's no way I'd be on TV or be able to do *FHM*," Leeann says. "I'd probably be covered in a burka—and what a waste *that* would be."

The *Best Damn Sports Show Period* beauty has taken the stage before hundreds of thousands of America's finest sons—and daughters—during the *eight* USO tours she has done over the past five years. To Leeann, entertaining troops is her patriotic duty. Presenting readers with one final photo spread of Leeann is ours.

Who gets the warmer reception on USO tours—you or Robin Williams?
My receptions take the cake. Not that the troops don't love Robin—he's an A-list movie star—but he'll look at me from the stage and say, "Guys, how do I follow *that*? I'm just a hairy old man!" We'll do a show right off the plane from D.C. After that 24-hour flight, I change into "*FHM* Leeann Tweeden." Guys don't want to see the sweaters growing on my teeth or the sleepy eyes. I might be a five before the makeup, but I make sure I'm a 10 or a 12 when I walk off that plane. To the guys, I'm probably a 20 just because I'm there. It's like *Weird Science*—I'm that girl from the magazine who's there in real life.

Who gives you the best greeting?
The rowdiest crowds are always the Marines—those Devil Dogs are vocal and they make me feel like the hottest chick in the world. Some bases are afraid the guys get too rambunctious, but they should be allowed to let loose and have fun. Those guys make my entire trip.

STYLING BY DEBORA FRANCIS; HAIR BY WILL CARRILLO USING REDKEN FOR CELESTINEAGENCY.COM; MAKEUP BY ELAINE OFFERS USING STILA FOR EXCLUSIVE ARTISTS. OPENING SPREAD: TOP BY ICEBERGARMYNAVY.COM; BOTTOMS BY UJENA.COM; BRACELETS BY STEPHENDWECK.COM; EARRINGS AND BANGLE BY ROBERTLEEMORRIS.COM; SHOES BY BRUNOFRISONI.COM; OPPOSITE PAGE: BIKINI BY ICEBERGARMYNAVY.COM; THIS PAGE: BOTTOMS BY HUIT.COM; BRACELET BY BY ROBERTLEEMORRIS.COM

How would you welcome a man home after a tour of duty?
I'd fill a cooler with beer, because when he's over there, he can't drink. I'd put on some low-slung pants, high-heels and makeup and drive to the base and wait for his plane to land. Then I'd give him a kiss that felt like we were kissing for 10 minutes, then I'd give him a beer. From there, I'd give him a fun night in the bedroom because that's what he's been dreaming about. He wouldn't even care if I was wearing lingerie—he'd just want to get naked!

Outside of war zones, what would be your clothed-to-naked ratio?
I'm always naked. I'll do chores or sit at my computer with just my slippers on. I don't like putting on clothes because I'm so comfortable nude. Honestly, I won't put on clothes until I leave the house for work or if I'm hungry.

Seeing yourself naked all the time, how would you pick out your assets in an anonymous lineup?
Well, I'd definitely be one of the most voluptuous girls you'd see, which I love. I'm round and soft and have curves in all the right places. I have an ass on me, so there's plenty of that to be seen, and I have a good rack. And I have some little beauty marks; there's one on my boob that you can see when I'm wearing a bikini. I definitely know my body.

Do you sleep naked when you're on tour?
No—I have to sleep in sweatpants and a tank-top. This will probably be every man's dream, but on this upcoming trip, it'll be me and the Dallas Cowboys cheerleaders in the girls' tent. If I said that all of us were sleeping naked, they'd have to put extra guards outside our door. But it's not like we're in a tent with shag carpeting and private bathrooms—we sleep in cots and bunk beds. We still have to bring our own flashlight and toilet paper for the Port-A-Potty.

Do you carry a piece over there?
Never. We're not even meant to take pictures holding guns. If our plane went down, and a terrorist saw the pictures, we could be considered combatants under the Geneva Convention. If we were taken prisoner, we could be imprisoned as though we're fighters and not civilians.

What other instructions have you been given for this tour?
They said don't bring any clothing that's revealing, has military coloring or has any kind of Americana, but everything in my suitcase is desert, camo or red, white and blue. And it usually shows off a little

I don't like putting on clothes because I'm so comfortable naked

PREVIOUS SPREAD: BIKINI BY ICEBERGARMYNAVY.COM; OPPOSITE PAGE: VEST BY ICEBERGARMYNAVY.COM; BOTTOMS BY HUIT.COM; BRACELET BY ROBERTLEEMORRIS.COM;
THIS PAGE: BIKINI BY RBK SWIM AT EVERYTHINGBUTWATER.COM; EARRINGS BY ROBERTLEEMORRIS.COM; BRACELET BY STEPHENDWECK.COM; BOOTS BY BRUNOFRISONI.COM

I'm round and soft and have curves in all the right places

cleavage or my mid-rift. This tour, we're going to be fitted for flak jackets, vests and Kevlar helmets. In the past, they just divvied out whatever they had if, say, we were flying into Balad Air Base in Iraq. They call Balad "Mortaritaville" because every night insurgents lob mortars into the base. Once, I flew into there wearing a helmet, but when I looked around all the soldiers were sitting on theirs. They told me that the insurgents shoot up at the plane. So I took mine off and sat on it—I didn't want to get shot in the ass!

With your popularity, could we see a "Tweeden in '08" presidential run?

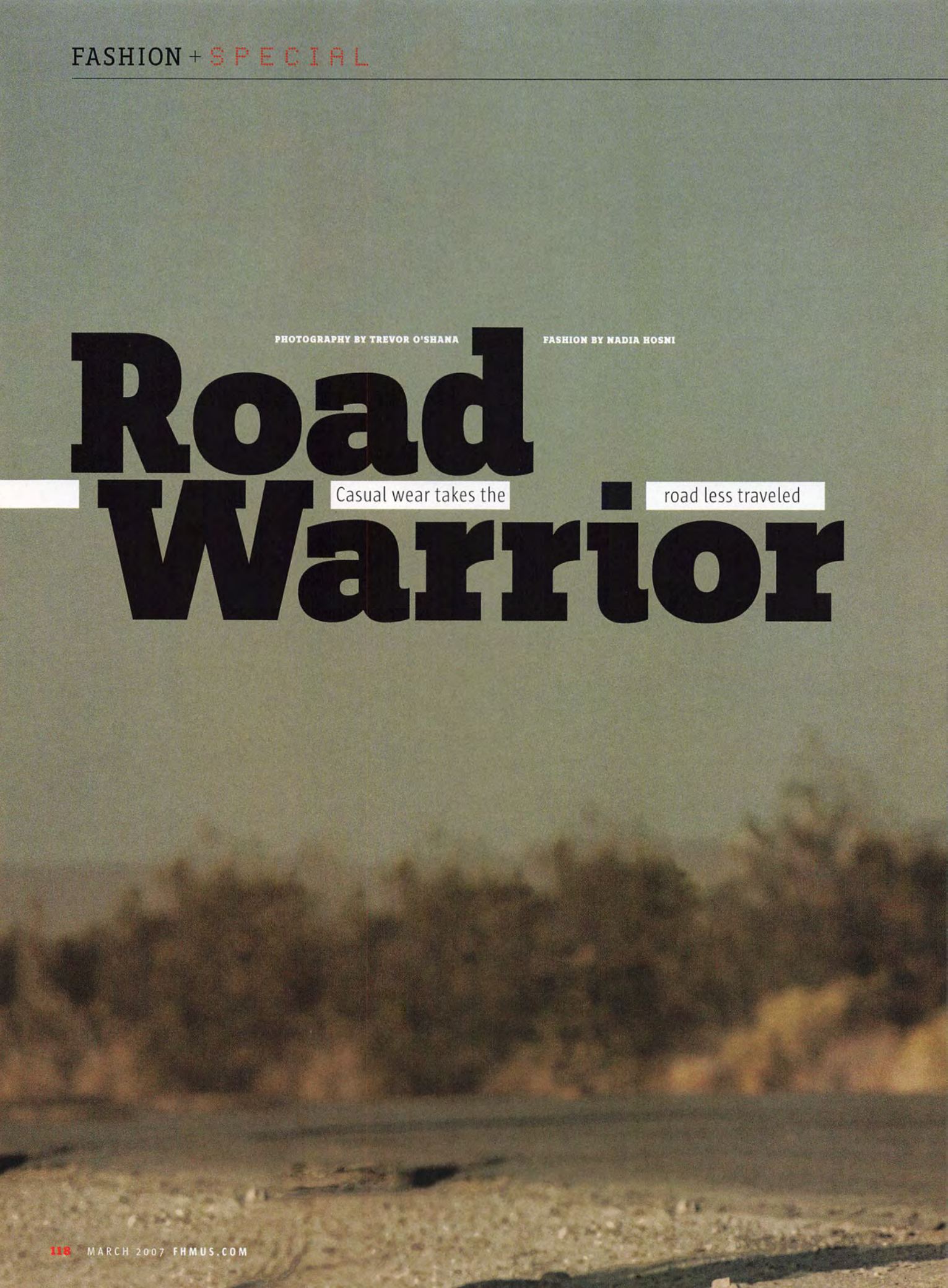
Are you kidding? If it was up to the boys in the military, I could definitely be president. And if it was somebody like me telling people how great the military is, I could get more guys to sign on the dotted line than some hairy dude. **FHM**

See more of Leeann at FHMUS.com/girls

PHOTOGRAPHY BY TREVOR O'SHANA FASHION BY NADIA HOSNI

Road Warrior

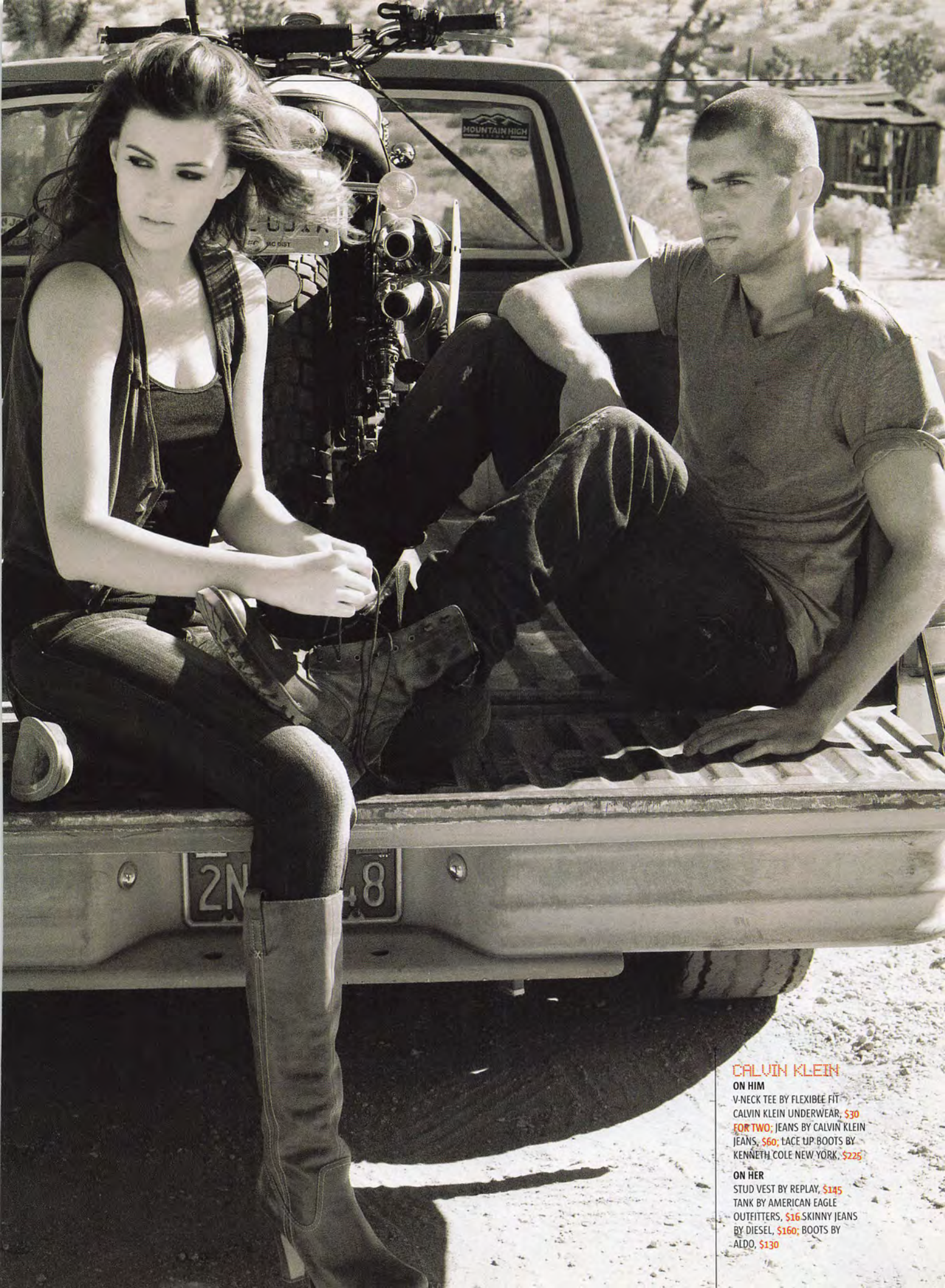
Casual wear takes the road less traveled



DIESEL
LEATHER JACKET, $700, TEE SHIRT, $45, AND JEANS, $230, BY DIESEL; BOOTS BY FRYE, $200

SCRAMBLER MOTORCYCLE, $7,999, AND GLOVES, $139, BY TRIUMPH; HELMET BY BELL, $90

GUESS
JACKET, $108,
GRAPHIC TEE, $29
AND JEANS, $148,
BY GUESS



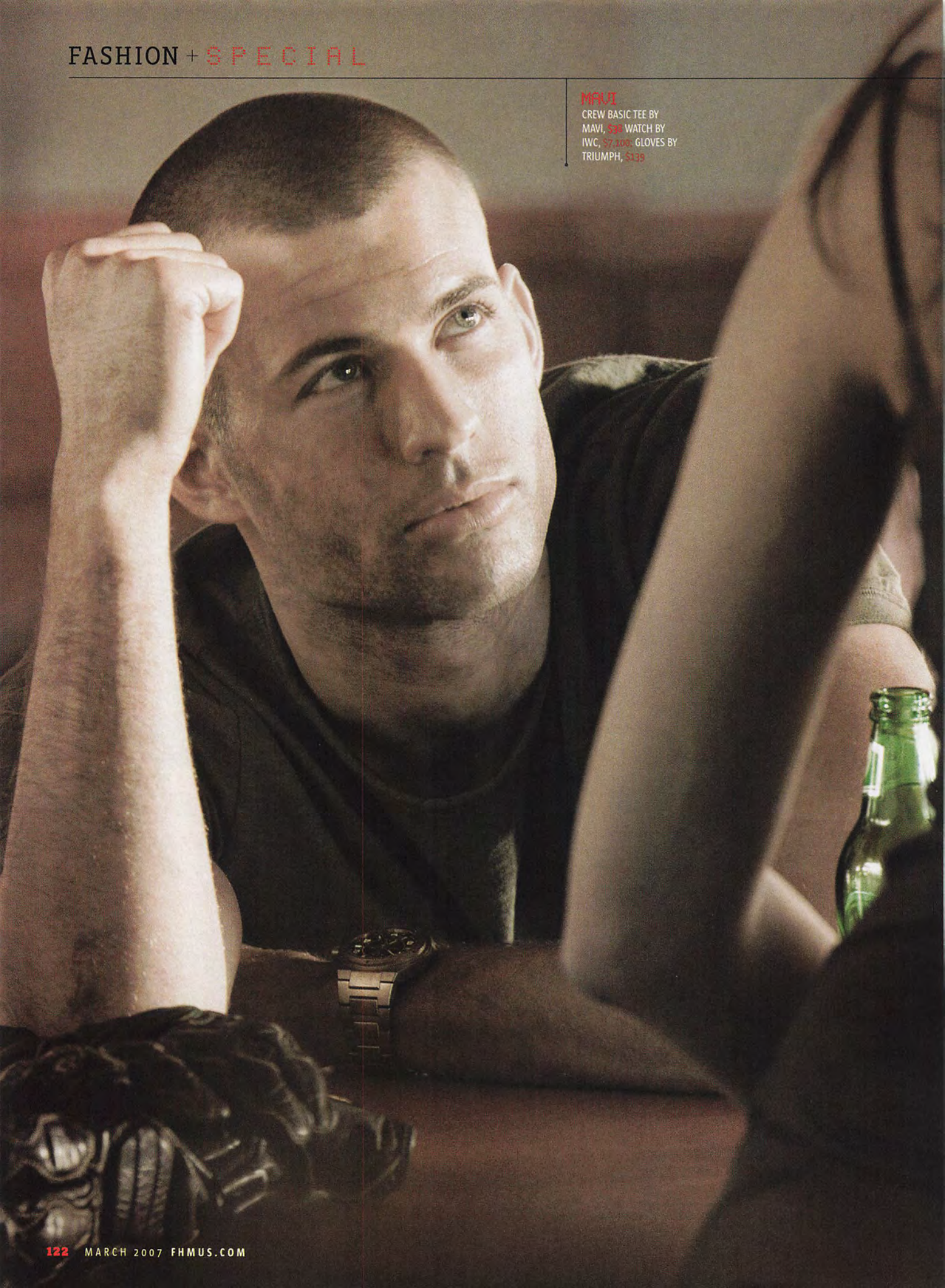
CALVIN KLEIN

ON HIM

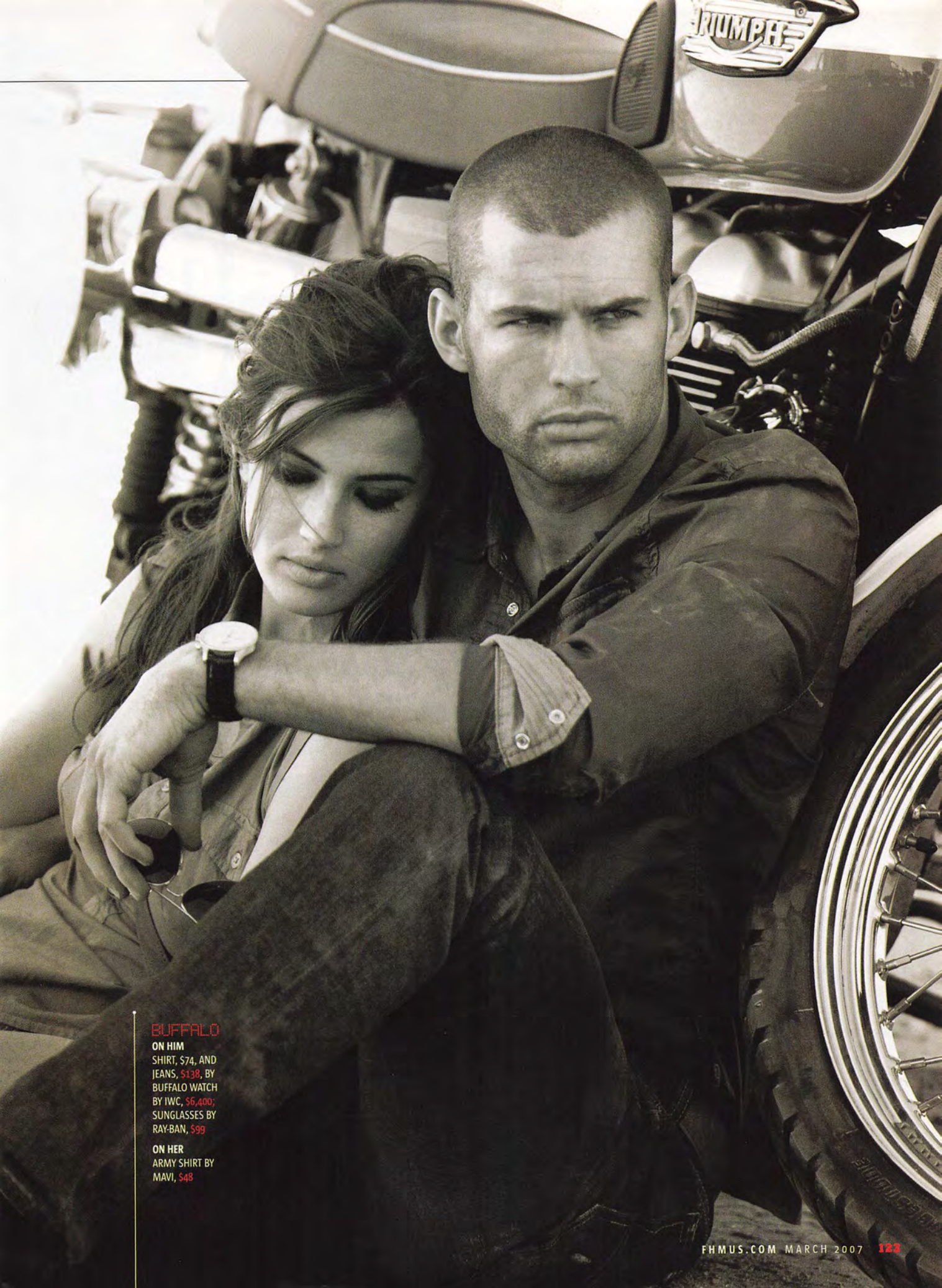
V-NECK TEE BY FLEXIBLE FIT CALVIN KLEIN UNDERWEAR, $30 FOR TWO; JEANS BY CALVIN KLEIN JEANS, $60; LACE UP BOOTS BY KENNETH COLE NEW YORK, $225

ON HER

STUD VEST BY REPLAY, $145 TANK BY AMERICAN EAGLE OUTFITTERS, $16 SKINNY JEANS BY DIESEL, $160; BOOTS BY ALDO, $130



MAVI
CREW BASIC TEE BY MAVI, $28 WATCH BY IWC, $7,100; GLOVES BY TRIUMPH, $139



BUFFALO

ON HIM
SHIRT, $74, AND JEANS, $138, BY BUFFALO WATCH BY IWC, $6,400; SUNGLASSES BY RAY-BAN, $99

ON HER
ARMY SHIRT BY MAVI, $48

PHOTOGRAPHY BY MIKE RUIZ FASHION BY NADIA HOSNI

Miami Heat

America's top designers take their spring preview south

JOHN VARVATOS

STRIPED LINEN SUIT, $1,520, SPORT SHIRT, $198, AND LEATHER DRESS SHOES, $398 BY JOHN VARVATOS

TOMMY HILFIGER

ON HIM

STRIPED SHIRT, $60 AND WHITE DENIM PANT, $125, BY TOMMY HILFIGER

ON HER

DOUBLE E MIO SWIMSUIT BY OMO NORMA KAMALI, $185; BRACELETS BY VITA, $50; COCKTAIL RING BY DAVID YURMAN, $5,325

MICHAEL KORS

ON HIM
PIMA COTTON POLO, $225, AND GRAPHITE SHARKSKIN PLEATED TROUSER, $275, BY MICHAEL KORS

ON HER
BIKINI BY MICHAEL KORS, $295; SUNGLASSES BY MARC JACOBS, $295; EARRINGS BY DAVID YURMAN, $1,600; RING BY H.STERN, $5,300

JOSEPH ABBOUD

PINSTRIPE SUIT, $795, TEXTURED SHIRT, $88, AND POCKET SQUARE, $45 BY JOSEPH ABBOUD

RALPH LAUREN BLACK LABEL

COTTON V-NECK SWEATER, $425; STRIPED SHIRT, $250; AND PANT, $395; BY RALPH LAUREN BLACK LABEL LEATHER LOAFERS BY SERGIO ROSSI, $545; SUNGLASSES BY DIOR HOMME, $250

HAIR/MAKEUP BY TONY LUCHA FOR KIEHL'S NY MODELS: TOMMY AT Q MANAGEMENT AND PAMELA M AT REQUEST MODELS NYC SPECIAL THANKS TO: THE SHORE CLUB, MIAMI BEACH, FL, 305-695-3100, WWW.SHORECLUB.COM FEATURED BOAT: SEA RAY 48 SUNDANCER FROM MARINEMAX, MSRP: $1,023,883. TO FIND THE BOAT OF YOUR DREAMS, CHECK OUT THE BOAT SELECTOR AT WWW.DISCOVERBOATING.COM

CALVIN KLEIN COLLECTION

ON HIM

COTTON HONEYCOMB NAMIR SUIT, $1,595; COTTON AND SILK BLEND BUTTON DOWN, $485; BY CALVIN KLEIN COLLECTION

ON HER

BABE SWIMSUIT BY OMO NORMA KAMALI, $235; TRINITY BANGLES, $7,700; AND PANTHER RING, $4,100; BY CARTIER; PENDANT BY H.STERN, $8,100

[PHOTOGRAPHY BY GORMANPHOTO.COM COMPILED BY CHRISTINE MARRON]

1

2

3

4

5

6

Save These Soles!

Limited-edition sneakers to try on for size

7

8

9

10

11

12

1] C-BILLUPS DOLLAR SNEAKER BY ADIDAS, $200; 2] PAPER WHITE EBOY SNEAKERS BY DKNY, $175; 3] "THE WESTWOOD" SNEAKERS BY RUN ATHLETICS, $65; 4] 576LOGW SNEAKERS BY NEW BALANCE, $150; 5] FABRE BL-L KOI SNEAKERS BY ASICS, $110; 6] JEAN-MICHEL BASQUIAT REEBOPPER III SNEAKERS BY REEBOK, $150; 7] MY-1 PEACE SNEAKERS FOR PUMA BY MIHARA YASUHIRO, $180; 8] CLASSIC SLIP-ON LX SNEAKERS BY VANS, $50; 9] NIKE AIR PRESTIGE FOR FOOT LOCKER SNEAKERS, $65; 10] GRAFFITI "ATLANTA" SNEAKERS BY CONVERSE, $67; 11] GALLIUM SNEAKERS BY K•SWISS, $100; 12] RUMOR "ALL ABOUT YOU" SNEAKERS BY ED HARDY SHOES, $99

[PHOTOGRAPHY BY GORMANPHOTO.COM COMPILED BY CHRISTINE MARRON]

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MOTORCYCLE JACKETS

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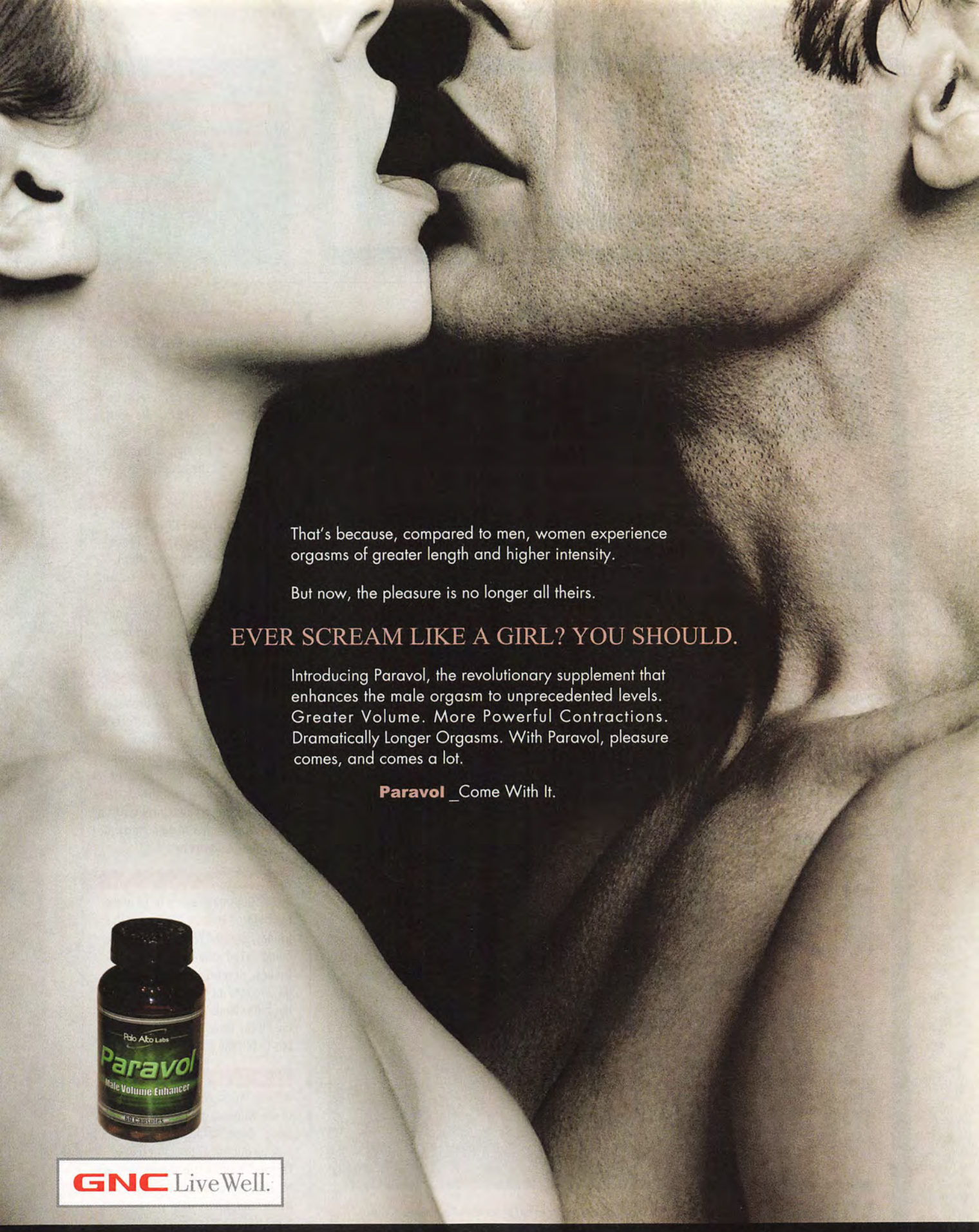
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MY BEST FRIEND!
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CAN'T BE WRONG

MY BEST FRIEND!

Finding a roommate at college doesn't always lead to disaster—just ask Cal State Fullerton best friends Afton Storton and Natalie Parker

AFTON STORTON
Age 18

"We met online at Rent.com. All these old guys replied to my ad, but I wanted to live with a hot girl, like Natalie."

NATALIE PARKER
Age 18

"The night before I moved in, I had a bad dream that Afton was this messy fat chick. I was relieved when we met—she's so cute and sweet."

LADIES! Do you and your BFF want to be in *FHM*? Send a letter and pics of the two of you to My Best Friend!, *FHM*, 110 Fifth Ave., New York, NY 10011, or e-mail your submission to mybestfriend@FHMUS.com.

WE PLAN!

Natalie "During our first weekend at the apartment, we made a list of all the things we want to do together. Posing for *FHM* was definitely our top priority." **Afton** "Next, we want to get eyelash extensions, tattoos, score seats in the Angels' dugout, and try out for the Laker girls."

WE RETALIATE!

Afton "The girls next door *hate* us, thanks to Natalie." **Natalie** "Those bitches had my car towed after I invited them to dinner!" **Afton** "Well, you did park in their spot." **Natalie** "Whatever, you're a chicken—you ran away and hid in the bathroom when I was confronting them."

WE SHARE!

Natalie "We share our wardrobes—even our lingerie. My red Victoria's Secret bra pops both of us up." **Afton** "I haven't worn panties for awhile because we've only done laundry once in the past six months." **Natalie** "You could wash your clothes, Afton." **Afton** "Yeah right! I'd go commando over doing laundry any day."

WE DISAGREE!

Afton "Guys have asked us to make out before." **Natalie** "We're not that friendly." **Afton** "We're comfortable being naked around each other, though. Recently, this guy pushed Natalie into a pool and she bruised her butt-cheek. Now she shows it to me all the time." **Natalie** "Someone has to tell me if it's getting better."

WE SCHEME!

Natalie "Afton and I have contests to see who can get more free stuff." **Afton** "Once, Natalie had a waiter pick up our bill at the Cheesecake Factory." **Natalie** "He stayed on after his shift to personally wait on us." **Afton** "Nat, he thought you wanted him." **Natalie** "Me? You were the one eye-screwing him the whole time."

PHOTOGRAPHY BY ALISON DYER; HAIR BY VANESSA; MAKEUP BY ALEXIS ; BIKINIS BY ISLAND COMPANY; EARRINGS BY THE BEAD LADY; BRACELETS BY TAMBRA COLLETTE

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LADIES CONFIDENTIAL

BASEBALL BEAUTY

As Washington Nationals All-Star shortstop Felipe Lopez reports to spring training, his wife Jennifer reports to *FHM*

When I'm making a dinner reservation, I'll say it's for Jen Lopez and try to slip it by," says the 26-year-old Jennifer Lopez, wife of Nationals shortstop Felipe Lopez, at her Orlando, FL, home. "When people pick up on the name, though, they say, 'We hoped you'd be the *real* Jennifer Lopez,' as if I'm the fake one."

Here, this J.Lo proves she holds diamond status.

What's one thing that people don't know about the wives of major-leaguers?

We try to get pregnant in February so we can have the babies right when the off-season starts. That way, our husbands can be there to help.

What can our readers do to make their ladies more interested in baseball?

I would talk to them about being able to sit back and relax at the games. Some fans participate in other activities, though, like the couple Felipe saw in the upper deck at RFK in D.C. The girl was going down on her guy right in the middle of the game. The players on the field had a great view—someone took a photo and Felipe had a copy.

Besides Felipe, who has the sexiest wife in baseball?

Jason LaRue's wife, Heather, has a great butt. We'd work out together when Felipe played in Cincinnati and she'd be on the step machine for an hour. I'm like, "I can't do even five minutes—I'll deal with the butt I have." **FHM**

BY PHILLIP CRANDALL; PHOTOGRAPH BY JON RAGEL; STYLING BY DEBORA FRANCIS; HAIR BY MICHAEL SILVA FOR AARTISTLOFT.COM; MAKEUP BY MICHELLE COURSEY FOR ARTISTSBYTIMOTHYPRIANO.COM; BIKINI BY LSPACE

LADIES CONFIDENTIAL

FROM THE BOSS'S DESK

Where ladies maximize the time their supervisor is out of the office

To find out how laid-back her boss truly is, this sexy Falls Church, VA, T.G.I. Friday's waitress removed her apron and jumped on his desk. Faithful patrons, please welcome . . .

SABRINA PATEL Age 20

"My boss, Modou, rocks, but he's a stickler for time. If you're late by a minute, he'll send you home. We'll see if he kicks me off my shift after he sees this."

"Modou makes us sing to customers on their birthdays, but he always punks out of joining in. He acts like he's into it, then he'll walk away. What a tool!"

THE TOP BRASS!

NAME
Modou Joof
COMPANY
T.G.I. Friday's
POSITION
Manager

"On a hectic Saturday, my coworker, Navida, and I ditched our customers to take these pictures."

"Modou will be shocked at first when he sees this, but he'll laugh his ass off. Maybe my regulars will tip better too."

WE WANT YOU!

Women of corporate America

Become a business heroine by giving your boss the shock of a lifetime with a spread on his or her desk.

Send proof of your desktop romp to From the Boss's Desk, *FHM*, 110 Fifth Ave., New York, NY 10011

100

WOMEN CAN'T BE WRONG!

In honor of this month's look at the most important moments in fast-food history, *FHM* asked 100 women about greasy eats

%		
98	Hate that they love fast food	100 - 81
96	Ask for a diet soda after ordering a burger and fries	
86	Have eaten away the shame of a one-night-stand with McMuffins	
82	Enjoy incorporating food into their foreplay	
81	Admit to being messy eaters	
77	Swear by greasy food when it comes to curing hangovers	80 - 61
75	Prefer McDonald's fries to those at Burger King	
66	Indulge in fast food at least once a month	
62	Won't date you if you work at a fast-food place	
59	Worry servers spit in their food	60 - 41
56	Admit they've fantasized about the pizza delivery boy	
46	Confess they eat most of their date's fries after ordering a salad for themselves	
41	Have strolled through the drive-through	
38	Like Burger King's King more than Ronald McDonald	40 - 21
36	Order Happy Meals for the toys	
27	Would prefer Chicken Selects to fruit after energetic sex	
23	Wish they could fool around with their man in a Chuck E. Cheese ball pit	
20	Have talked dirty through a drive-through speaker	20 - 0
15	Compete in eating competitions	
10	Have had sex in a fast-food joint	
8	Prefer Taco Bell to authentic Mexican food	
5	Admit to having thought about burgers during sex	
1	Would get busy with a guy who looked like Colonel Sanders for a lifetime supply of KFC	

REAL DOCTORS, REAL SCIENCE, REAL RESULTS!

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MAGNA-RX PRODUCTS ARE AVAILABLE AT: GNC Live Well. RITE AID

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Hurry! For a limited time when you order MAGNA-RX+ pills, we'll also include *ABSOLUTELY FREE* a full 30-day supply of **Dr. Aguilar's** new and amazing MAGNA-RX Topical Lotion – *an $89.95 value!* (Limit one per household.)

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As reported in the cover story of the January 19, 2004 *TIME* magazine (page 72) *testosterone is the #1 factor that determines your sexual desire and your ability to perform in the bedroom.* **TRX** is a revolutionary, all-natural, doctor designed and endorsed formula that many medical experts are calling the most powerful testosterone pre-cursor and enhancer ever without a prescription.

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Dr. Steffanie Seaver PSY.D is an expert in the area of interpersonal relationships. Researcher, author and accomplished public speaker, she has lectured nationwide for over a decade. Dr. Seaver has also been involved with several publications covering relationship and lifestyle issues.

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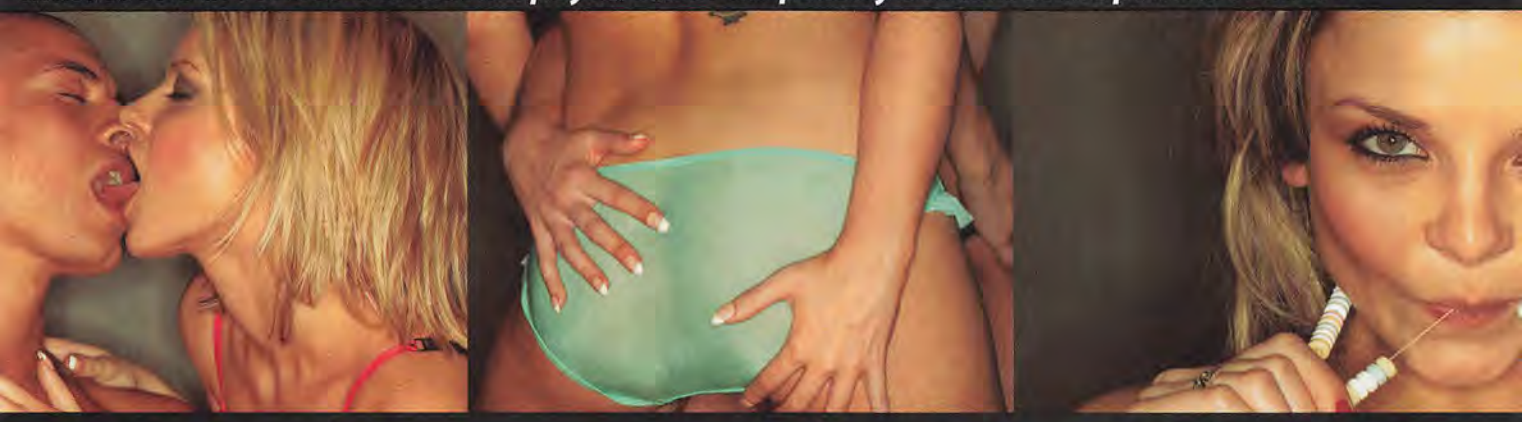
***see details below**

Penalty for Early Withdrawal?

Can this "Secret Formula" Really Improve Your Stamina and Performance?

Ask Steffanie:

Hey Fellas - If YOUR "Timing" issues are keeping HER from scoring the BIG O - then read this letter that reveals the SEX secret that keeps you out of the penalty box and in the pleasure zone!



Dear Steffanie,

I know a lot of men read your column and could really benefit from this important STAMINA secret my boyfriend and I recently discovered.

As much as I hate to throw him under the bus, my boyfriend's performance was less than adequate when it came to his "timing". He tried hard to please me and I can tell that he believed he was doing a great job, which is why it was difficult for me to tell him the truth.

We've been together for about a year but last month, after what he thought was a "strong effort" for a Saturday afternoon, I couldn't help but be disappointed and I let him know there could be a bit of a gap between his perception of his sexual performance and our SEXUAL REALITY.

I told him that I love him but when it came to the "duration" of our lovemaking, I was often left feeling extremely frustrated – he always "got his" and that if he could "hold out" just a little longer, maybe I could "get mine."

He said he always thought that when he "punched the clock", he was pulling a "full shift." Of course, he was shocked by this huge blow to his ego but after some serious sulking and a whole lot of denial, he realized his sexual stamina really could use some improvement.

"I know he feels great knowing I'm completely satisfied and HE'S the reason why."

He was serious about improving his performance so he did some research and spoke to a doctor friend of his. His friend told him about a number of cheap desensitizing creams on the market that might help his stamina and performance but were known to possibly hurt erection quality and worse, they tend to numb a woman – which as far as I'm concerned, defeats the whole purpose! Great, so now he'd be able to last longer but I'd be numb too! That was the last thing our relationship needed!

His doctor friend also told him that if he really wanted to improve his control and performance and still maintain maximum firmness, he should try a new product called **Vivaxa from the makers of Maxoderm (the #1 topical male enhancement product that's recommended by Leading Physician, Michael A. Savino, M.D., F.A.C.S. for instantly improving erection quality). The ingredients in this new "sex stamina secret" make it different from other products because it contains a clinically tested ingredient that is unlike anything else on the planet! It actually HELPS erection quality and firmness. And best of all, the formula absorbs super fast upon application so it won't numb a woman! Improved erection quality AND enhanced stamina – it seemed too good to be true!**

My boyfriend got a sample and that weekend we tried it. From the very first application, he felt more firm and full than ever before – by the time we'd finished making love, I'D GOTTEN MINE TWICE! Needless to say, this has been a record breaking month for us. I know he feels great knowing that I'm completely satisfied and he's the reason why. And trust me, his confidence wasn't the only thing that shot through the roof!

So Steffanie, please print this letter – I'm sure there's a ton of women out there wishing their men used Vivaxa, a quality control and performance enhancing product that lets him put in the extra time without numbing her! I know they're still offering a **FREE MONTH SUPPLY** if you call **1-800-698-9671** or visit their website at **www.vivaxa.com**. Tell your readers to hurry because supplies were limited when I called.

Pamela B., Nashville, TN

Dear Readers,

From the Makers of MAXODERM Male Enhancement Formula

I did some research on Vivaxa and here's what I found: Vivaxa uses groundbreaking, advanced topical technology. It's the first sexual performance and control enhancer on the market to utilize Calmosensine™, along with Peptide 171. It soothes overstimulation to help men significantly enhance stamina and performance without desensitizing female partners. Check out Vivaxa by calling **1-800-698-9671** or visit **www.vivaxa.com** and receive a **FREE TUBE PLUS** get **$200 worth of FREE GIFTS** with your order – **FOR A LIMITED TIME**. Don't let her question your staying power anymore. Call today! **GUARANTEED OR YOUR MONEY BACK!**

Individual results may vary. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Calmosensine™ is a trademark of Sederma, Inc. The information featured above has been compiled from actual letters we've received from a few of our many satisfied customers. FHM0207

LADIES! CONFIDENTIAL

FHM HOMETOWN HONEYS

LADIES!

Do you want to share your pueblo with the world? Send a letter (with snapshots) to Hometown Honeys, *FHM*, 110 Fifth Ave., New York, NY 10011

Guys who come to Rancho Bernardo should know that we locals are mellow," says 23-year-old physical therapy aide Natasha Lillo. "Out-of-towners are so rowdy by comparison—and I hate loudmouths." Got that? Now hear why Natasha loves her San Diego outskirt.

GIRLS SWILL!

"Sometimes I check out Chargers' games at Oggi's, a local brew pub. Their beer is tasty, but I prefer cheering on LaDainian Tomlinson with an ice-cold Guinness."

HOMBRES HOWL!

"Mexico isn't far from here, so my girlfriends and I go there a lot. Last time, all these guys hollered at me because I wore a thong on the beach. Sorry, that doesn't work with me, fellas."

VINEYARDS SOOTHE!

"The Bernardo Winery is great for a Sunday afternoon date. I love tasting all the different wines there, and it's relaxing to stroll around the open vineyard with a buzz."

COURSES EXCITE!

"Nowadays, I'd rather get frisky with a guy on the beach; in high school, I snuck out to meet boys at the golf course. One night the sprinklers drenched me while I was making out."

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DIGITAL *Darlings*

After three months and over 16 million votes, here are *FHM*'s Top 10 Digital Darlings!

These 10 ladies represent the hottest women on the Web, as chosen by millions of *FHM* readers. For more, go to **FHMUS.com/Darlings** to peruse their profiles, view exclusive videos and message your favorites!

WINNER!

CARLEE RANGER

ARIZONA — AGE 20

2

NICOLE JOST

TEXAS — AGE 23

3

CANDACE SAMPSON

CALIFORNIA — AGE 21

4

BRITTNEY PALMER

FLORIDA — AGE 19

5

IRINA DMITRIEVA

WASHINGTON — AGE 23

6

NATALIE DIAZ

FLORIDA — AGE 20

7

SARINA RUBIN

OHIO — AGE 22

8

JANIS GODLEWSKI

FLORIDA — AGE 22

9

KAYSI COEHLO

CALIFORNIA — AGE 22

10

ALEXA DEMARA

WISCONSIN — AGE 21

WARDROBE BY SHIRLEY OF HOLLYWOOD

ASK BETH & ISAAC

She's an *FHM* cover star. He's matchmaker of the high seas. Together they'll fix your dismal life

I'M GASSED!

Q My girlfriend's breath is putrid. How can I tell her without hurting her feelings?

Gasping for Air, Waterville, ME

A Beth Always carry gum. The next time you get a waft of her ass breath, take it out, pop a piece in your mouth, then offer her some. Most people take gum when it's offered, but under no circumstances should you tell her that her breath is foul. She will never forget it—or forgive you.

Isaac Broach the subject in the morning, because everybody has morning breath, and start by blaming yourself. Say, "Does my morning breath bother you? It's OK to say yes." Because you're dating, she'll try to deny you have bad breath. If you were married, she'd tell you the truth. After that, suggest that both of you gargle with Listerine or some other really strong shit.

I'M GAGGING!

Q I prefer Tater Tots to sushi, but my girlfriend is always pushing different exotic foods on me. How can I get her to stop?

Dating Emeril, Sandusky, OH

A Beth She's trying to show you how interesting and worldly she is, but all she's really doing is showing off. Here's the truth: Your girlfriend looks down on you. She thinks her tastes are superior to yours and that you're dull for not trying out new things. Personally, my motto is to try everything once, but you shouldn't have to try something you think will make you gag just to make your girlfriend happy. Don't let yourself be bullied. And remember: Domino's will always answer your calls.

Isaac Women never come out and say what they want, they give subtle hints instead. Saying she wants you to eat something more "exotic" is her way of hinting that she wants you to go down on her more often. It's that simple. If you start doing that, pretty soon you'll be back to burgers and fries. Now that you know this, it's your choice.

I'M LISTENING!

Q After sex, my girlfriend can *not* stop talking. I know sex can energize women, but I need to sleep.

Lead Eyelids, Syracuse, NY

A Beth Give her five minutes of post-sex cuddle-and-talk time, then close your eyes. When she catches you drifting off, say, "Baby, I've never felt so relaxed. You're amazing." That way, *she's* the one who made you so tired. *She's* great in bed. Hopefully, she'll call her girlfriends to gossip about it, leaving you in peace.

Isaac This is why man invented the phrases, "Uh-huh," and, "Oh, yeah?" She doesn't need you to listen. It's the same as when you used to talk on the phone. You'd put the phone down, go eat, come back and say, "Uh-huh," then go do laundry, come back and say, "Oh, yeah?" In this case, just turn over and repeat, "Uh-huh," until you fall asleep. She won't be offended. Don't think you're the first person to ever do that to her—she's used to it. Where you messed up was by actually listening to her for the first few months.

HOW TO EXIT A ONE-NIGHT STAND

Beth "Always aim to go back to her place. When you split in the morning, leave this note: "[Her name], you're beautiful. XOXO, [your name].' It's sweet and simple."

Isaac "She doesn't know it was a one-night stand. You do. The next morning, tell her she's amazing and that you'll call her. After you've built her up, walk out safely. It's her problem when you don't call."

DIDDLED BY LIFE?

If a problem is threatening to ruin your existence, seek expert advice at

Ask Beth & Isaac, *FHM*, 110 Fifth Ave., New York, NY 10011—or go online to FHMUS.com/askbethandisaac

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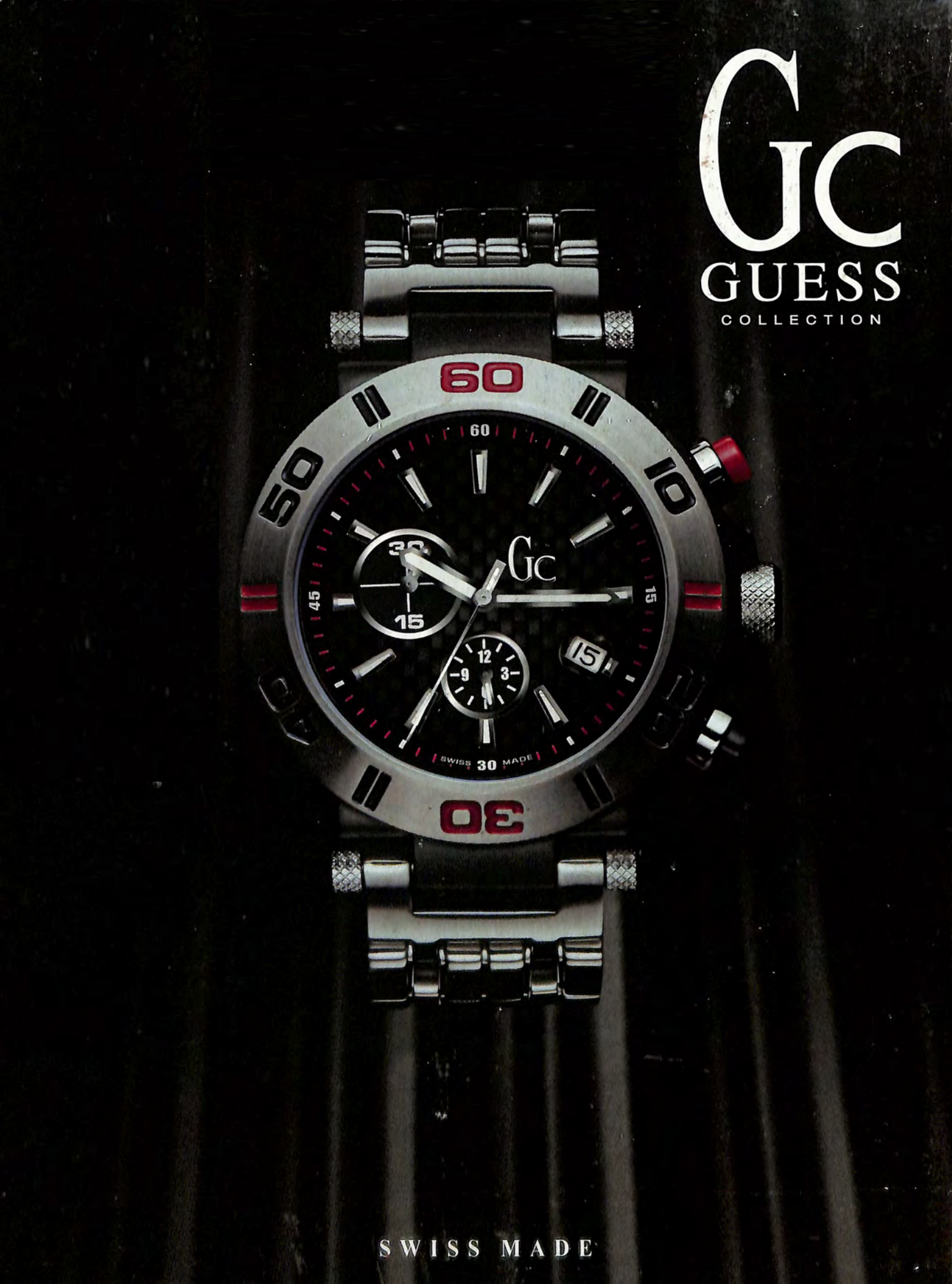
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